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COOKERY

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1761

Ann Wards Book

Ann Ward Her Book

August 27th 1788

on.

A New Book of Cookery;

OR,

Every Woman a Perfect Cook;

Containing a *very great variety* of *approved Receipts* in all the branches of Cookery and Confectionary, *viz.*

Marketing,	Made Dishes,	Ragouts,
Roasting,	Soups,	Jellies,
Boiling,	Sauces,	Pickling,
Broiling,	Puddings,	Preserving,
Frying'	Pies and Tarts,	Drying,
Stewing,	Cakes,	Potting,
Hashing,	Custards,	Candying,
Baking,	Cheese-cakes,	Collaring,
Fricassees,	Creams,	English Wines, &c.

To which is added,

Directions for Clear Starching, and the Ladie's Toilet, or the Art of preserving and improving Beauty:

Likewise a Collection of Family Physical Receipts, prepared at a small expence.

The whole calculated to assist the *prudent Housewife* in furnishing the *cheapest* and *most elegant* Set of Dishes in the various Departments of Cookery, and to instruct Ladies in many other Particulars of great Importance.

Written by Mrs. *A. SMITH*, of *Stafford*, Who has been a House-keeper to several Noble Families many Years.

The Art of Cookery *here* Complete *youll' find*,
Frugality *and* Taste *at once combin'd*,
To Roast, Boil, Bake, Confectionary *raise*,
And All *that marks th' industrious* Housewife's praise.

LONDON: Printed in the Year 1781.

TO THE PUBLIC.

HAving, by a long courſe of practice, acquired, as I flatter myſelf, a conſiderable knowledge in the art of Cookery, I at length determined to commit my obſervations to writing, and publiſh them to the world: I was confirmed in this reſolution by the repeated ſolicitations of many of my friends, who, having peruſed the following receipts while they were yet in manuſcript, were pleaſed to expreſs their approbation of them in the higheſt terms of applauſe. I likewiſe ſubmitted this performance to the inſpection of ſeveral eminent Cooks, who unanimouſly agreed in recommending it as one of the moſt uſeful compendiums of the art of Cookery, *that have appeared in this kingdom; and declared, that all the Receipts were formed on ſuch a plan, as to unite* œconomy *with* elegance. *Induced by theſe flattering recommendations, and convinced of the utility of an improved work of this kind, I have ventured to ſubmit my performance, with all the due deference and reſpect, to the judgement of the public, but particularly of the Ladies, at whoſe hands I reſt in full hopes of candid treatment.*

To render this book the more extenſively uſeful, *I have added a ſmall collection of the moſt approved phyſical Receipts, which, upon repeated trials, have been found peculiarly efficacious in the reſpective diſorders to which*

they have been applied. The reader will likewiſe find (beſides a variety of receipts in every branch of Cookery) complete inſtructions for Marketing, the art of Clear-Starching, various Receipts in Confectionary, ſome choice and valuable directions for preſerving and improving Beauty, &c. &c. In ſhort, I have exerted my utmoſt performance as complete as the limits which I preſcribed myſelf would allow, and humbly hope that it will meet with a favourable reception, as it treats of an art which deſervedly claims the attention of the Ladies in general, and of maid-ſervants in particular. who, by a careful peruſal of the following ſheets, will ſoon become perfectly accompliſhed in the uſeful Art of Cookery.

I ſhall not take upon me to direct a Lady how to ſet out her table; for that would be impertinent and leſſening her judgement in the œconomy *of her family. I hope ſhe will here find every thing neceſſary for her Cook, and her own judgement will tell her how they are to be placed.*

I ſhall ſay no nor more, only hope my Book will anſwer the ends I intend it for; which is to improve the Servants, and ſave the Ladies a great deal of trouble.

A. SMITH.

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Directions for MARKETING, *&c.*

Shewing the Seaſons of the Year for Butcher's Meat, Poultry, Fiſh, &c.

Which if any Perſon carefully obſerves, will fit them for the beſt of Families.

How to chuſe Veniſon.

TRY the hanches or ſhoulders under the bones that comes out, with your finger or knife, and as the ſcent is ſweet or rank, it is new or ſtale; and the like of the ſides in the moſt fleſhy parts; if tainted they will look greeniſh in ſome places, or very black. Look on the hoofs, and if the clefts are very wide and rough it is old, if cloſe and ſmooth it is young.—The ſeaſon for Buck Veniſon begins in May, and is in ſeaſon till All-hallows-day; the Doe is in ſeaſon from Michaelmas to the end of December, and ſometimes to the end of January.

How to chuſe Lamb.

In chuſing a Lamb's-head obſerve the eyes; if they are wrinkled or ſunk in, it is ſtale; if lively and plump it is new and ſweet. In a fore-quarter mind the neck-vein be of a ſky-blue, then it is ſweet and good; but if inclining to green or yellow, it is almoſt if not quite tainted: In a hind-quarter, it has a faintiſh ſmell under the kidney, and the knuckle be limber, it is ſtale.

How to chuſe Mutton.

When Mutton is old the fleſh in pinching will wrinkle and remain ſo; but if young the fleſh will pinch tender, and the fat will eaſily part from the lean; but if old it will ſtick by the ſkin and ſtrings. The fleſh of Ewe Mutton is paler than Weather Mutton, is eaſier parted and has a cloſer grain. When the fleſh has a palid whiteneſs inclined to yellow, and is looſe at the bone, you have reaſon to

ſuſpect

ſuſpect its being rotten or inclining that way. — Whether it be new or ſtale obſerve the direction in chuſing of Lamb.

How to chuſe Veal.

If the bloody vein in the ſhoulder looks blue, or a bright red it is new killed; but if blackiſh, greeniſh, or yellowiſh, it is ſtale The loin firſt taints under the kidney, and the fleſh if ſtale, will be ſoft and ſlimy.

The neck and breaſt taints firſt at the upper end, and you will perceive ſome duſky, yellowiſh, or greeniſh, appearance, the ſweetbread on the breaſt will be clammy, otherwiſe it is freſh and good.

The leg is known to be new by the ſtiffneſs of the joints, if limber, the fleſh clammy, and has green or yellowiſh ſpots it is ſtale. The head is known as the lamb's. The fleſh of a bull calf is redder and firmer than that of a cow calf, and the fat harder.

How to chuſe Beef.

Right Ox-beef has an open grain, if young a tender and oily ſmoothneſs; if old it is tough and ſpungy, except the neck, briſkit, and ſuch parts as are very fibrous: which in young meat will be more rough than in other parts. A ſort of carnation colour betokens good ſpending meat, the ſuet a curious white, yellow is not ſo good.

Cow-beef is leſs bound, and cloſer grained than the Ox, the fat whiter, but the lean ſomewhat paler, if young the dint you make with your finger will riſe again in a ſhort time.

Bull-beef is of a cloſer grain, a deep duſky red, tough in pinching; the fat ſkinny, hard, and has a rankiſh ſmell, and for the newneſs or ſtaleneſs, this fleſh has but few ſigns, the more material is its clammineſs, and the reſt your ſmell muſt inform you. If it be bruiſed, thoſe places are more duſky or blackiſh than the reſt.

To chuſe Pork.

If it be young the lean will break in pinching between your fingers, and if you nip the ſkin with your nails, it will make a dent, alſo if the fat be ſoft and pulpy, in a manner like hard, if the lean be tough, and the fat flabby

and

and ſpungy, feeling rough, it is old; eſpecially, if the rind be ſtubborn and you cannot nip it with your nail.

If a Boar, though young, or a Hog gelded at full growth, the fleſh will be hard, tough, reddiſh, and of a rank ſmell; the fat ſkinny and hard; the ſkin very thick and tough, and pinched up, it will immediately fall again.

To know whether it be new killed, try the legs, hands, and ſprings, by putting your fingers under the bone that comes out, for if its tainted you will find it by ſmelling your fingers; beſides, the ſkin will be ſweaty and clammy when ſtale, but cool and ſmooth when new.

If you find many little kernels in the fat, like ſmall ſhot, it is meaſly and dangerous to eat.

How to chuſe Brawn.

Thick brawn is old, the moderate is young. If the rind and fat be very tender it is not boar-brawn, but barrow or ſow.

How to chuſe Hams.

Put a knife under the bone that ſticks out of the ham, and if it comes out clean, and has a pretty good flavour, it is ſweet and good; if much ſmeared and dull, it is tainted and ruſty.

How to chuſe Bacon.

If the fat be white, oily in feeling, and does not break or crumble, and the fleſh ſticks well to the bones, and bears a good colour it is good; but if the contrary, and the lean has ſome little ſtreaks of yellow, it is ruſty, or ſoon will be ſo.

To chuſe Butter.

When you buy Butter, truſt not to that which will be given you to taſte, but try in the middle, and if your ſmell and taſte be good, you cannot be deceived.

To chuſe Cheeſe.

Cheeſe is to be choſen by its moiſt and ſmooth coat; if old cheeſe be rough-coated, rugged or dry at top, beware of little worms or mites. If it be all over full of holes, moiſt or ſpungy, it is ſubject to maggot. If any ſoft or periſhed place appear on the outſide, try how deep it goes, for the greater part may be hid within.

To chuſe Eggs.

Hold the great end to your tongue, if it feels warm it is new, if cold it is bad; and ſo on in proportion to the heat and cold ſo is the goodneſs of the Egg. Another way to know a good Egg is, to put the Egg into a pan of cold water the freſher it is, the ſooner it will fall to the bottom; if rotten it will not ſink at all.

How to keep Eggs good.

Place them all with the ſmall end downwards in fine wood aſhes, turning them once a week end ways, and they will keep ſome months.

To chuſe Poultry.

A Cock or Capon, &c if they are young, their ſpurs are ſhort and dubbed; but take particular notice they are not pared or ſcraped. If the hen is old her legs and comb are rough; if young ſmooth.

A Turkey. If the cock be young his legs will be black and ſmooth, and his ſpurs ſhort; if ſtale, his eyes will be ſunk in his head, and his feet dry; if new, the eyes lively and limber. For the hen obſerve the ſame directions; and if ſhe is with egg, ſhe will have a ſoft open vent; if not a hard cloſe one.

A Gooſe. If the bill is yellowiſh and has but few hairs it is young; but if full of hairs, and the bill and foot red, it is old; if freſh, limber footed; if ſtale, dry footed.

Ducks, Wild or tame. If freſh, limber footed; if ſtale dry footed.

A true wild duck has a reddiſh foot, and ſmaller than the tame one.

To chuſe a Rabbit or Coney.

If a Rabbit be old, the claws will be very long and rough, and intermixed with the wool; but if young, the claws and wool ſmooth; if ſtale it will be limber, and the fleſh will look blueiſh, having a kind of ſlime upon it; but if freſh, it will be ſtiff, and the fleſh white and dry.

To chuſe Pigeons, &c.

The Dove-houſe Pigeons when old, are red-leged; when new and fat, limber footed and feel full in the vent; when ſtale their vents are green and flabby. *To*

To chuſe Fiſh.

Salmon, Whiting, Pike, Trout, Carp, Tench, Grayling, Barbel, Chub, Ruff, Eel, Smelt, Shad, &c. All theſe are known to be new or ſtale by the colour of their gills; their eaſineſs or hardneſs to open, the hanging or keeping up their fins, the ſtanding out or ſinking of their eyes, &c. or by ſmelling their gills.

Turbot. He is choſen by his thickneſs and plumpneſs; and if his belly be of a cream colour, he muſt ſpend well; but if thin, and his belly of a blueiſh white, he will eat very looſe.

Cod and *Codling.* Chuſe them by their thickneſs towards the Head, and the whiteneſs of the fleſh when it is cut.

Ling. For dried Ling, chuſe that which is thickeſt in the poll, and the fleſh of the brighteſt yellow.

Scate and *Thornback.* Chuſe them by their thickneſs; and the She-ſkate is always the ſweeteſt, eſpecially if large.

Seals. Theſe are choſen by their thickneſs and ſtiffneſs; when their bellies are of a cream colour, they ſpend the firmer.

Sturgeon. If it cuts without crumbling, and the veins and griſtles give a true blue where they appear, and the fleſh a perfect white, then conclude it to be good.

Mackarel and freſh *Herrings.* If the gills are of a lively ſhining redneſs, their eyes ſtand full and the fleſh is ſtiff, then they are new; but if duſky and faded, or ſinking and wrinkled, and the tails limber, they are ſtale.

Flounders and *Plaice.* If they are ſtiff, and their eyes be not ſunk or look dull, they are new; the contrary when ſtale. The beſt of plaice look blueiſh on the belly.

Lobſters. Chuſe them by their weight, the heavieſt are the beſt, if no water is in them; if new, the tail will fly up like a ſpring; if full, the middle of the tail will be of a hard, reddiſh, ſkinned meat.

Prawns, *Shrimps*, and *Crab-fiſh.* The two firſt, if ſtale, will caſt a kind of a ſlimy ſmell, their colour fading, and they ſlimy; otherwiſe all of them are good.—The latter, if ſtale will be limber in their claws and joints, their red colour turned blackiſh and duſky, and will have an ill ſmell under their throats.

Pickled Salmon. If the fleſh feels oily, the ſcales ſtiff and ſhining, and it comes in ſleaks, and parts without crumbling, then it is new and good, and not otherwiſe.

Poultry in Seaſon.

January. Hen turkeys, capons, pullets with eggs, fowls, chickens, hares, all ſorts of wild fowl, tame rabbits and tame pigeons.

February. Turkeys, &c. as above, in this month begin to decline, green geeſe, young ducklings, and turkey poults.

March. This month the ſame as the preceeding months; only wild fowl goes quite out.

April. Pullets, ſpring fowls, chickens, pigeons, young wild rabbits, leverets, young geeſe, ducklings, and turkey poults.

May and *June* the ſame.

July The ſame, with young patridges, pheaſants, and wild ducks, call'd flappers or moulters.

Auguſt the ſame.

September, October, November and *December*, in theſe months all ſorts of fowls both wild and tame, are in ſeaſon; and the three laſt, is the full ſeaſon for all manner of wild fowl.

Fiſh in Seaſon.

Candlemas Quarter. Lobſters, Crabs, Craw-fiſh, Guard-fiſh, Mackrel, Bream, Barbel, Roach, Shad or Alloc, Lampery or Lampery Eels, Dace, Black, Prawns, and Horſe Mackrel. The Eels that are taken in running water are better than pond Eels, of theſe the ſilver ones are moſt eſteemed.

Midſummer Quarter. Turbut and Trouts, Soals, Grigs, Shafflins and Glout; Tenes, Salmon, Dolphin, Flying-fiſh, Sheep head, Tollis, both land and ſea, Sturgeon, Seale, Chub, Lobſters, and Crab. Sturgeon is a fiſh commonly found in the north ſeas, but now and then we find them in our great rivers, the Thames, the Severn, and the Tyne. This fiſh is of a very large ſize, and will ſometimes meaſure eighteen feet in length. They are much eſteem'd when freſh, cut in pieces and roaſted or baked, or pickled for cold treats. The Cavier is eſteem'd a dainty, which is the ſpawn of this fiſh. The latter end of this quarter comes in Smelts.

Michaelmas Quarter, Cod and Haddock, Coal-fiſh, white and pouting Hake, Lying, Tuſke and Muller, red and white Weaver, Gurnet, Rocket, Herrings, Sprats, Soals, Flounders, Plaice, Dabs and Smeardabs, Eels, Chare, Scate, Thornback and Homlyn, Kinſon, Oyſters and Scollops, Salm,

Sea

Sea Perch and Carp, Pike, Tench and Sea Tench, Scate-maides are black, and Thornback-maides white. — Grey baſs comes with the Mullet. — In this quarter are fine Smelts, and holds 'till after Chriſtmas. — There are two ſorts of Mullets, the Sea-mullet and River-mullet, both equally good.

Chriſtmas Quarter. Dorey, Brile, Gudgeons, Golin, Smelts, Crouch, Perch, Anchovy, Roach, Scollop and Wilks, Periwinkles, Cockles and Oyſters, Muſſels, Geare, Barbet and Hollebut.

The beſt Directions for ROASTING *all manner of Butcher's Meat, &c.*

For Roaſting.

IF you are to roaſt any thing very ſmall or thin, take care to have a pretty little briſk fire, that it may be done quick and nice; if a large joint, let a good fire be laid to cake. Let it be clear at the bottom, and when your meat is half done, ſtir up a good briſk fire.—Take great care the ſpit be very clean, and be ſure to clean it with nothing but ſand and water. Waſh it clean and wipe it with a dry cloth, for oil, brick-duſt, and all ſuch things will ſpoil your meat.

To roaſt Beef.

If a rump or ſirloin, do not ſalt it, but lay it a good way from the fire, baſte it once or twice with ſalt and water then with butter, flour it, and keep baſting it with what drops from it. When you ſee the ſmoke of it draws to the fire, it is near enough.—If you roaſt the rib parts, ſprinkle it with ſalt for half an hour, dry and flour it, then butter a piece of paper very thick, and faſten it on the beef, the butter ſide next it.

N. B. Never ſalt your roaſt meat before you lay it to the fire, (except the ribs) for that draws out all the gravy.

If you would keep it a few days before you dreſs it, dry it well with a clean cloth, then flour it all over, and hang it up where the air may come to it.

To roaſt Lamb or Mutton.

The loin, the ſaddle of Mutton, (which is the two loins) and the chine (which is the two necks) muſt be done as the Beef, but all other joints of Lamb or Mutton muſt not be papered; and juſt before you take it up, dredge it with a little flour, but not too much, for that takes away all the fine taſte of the meat. Be ſure to take off the ſkin of a breaſt of Mutton before you roaſt it.

To roaſt Veal.

If a fillet ſtuff with thyme, marjoram, parſly, a ſmall onion, a ſprig of ſavoury, a bit of lemon-peel cut very ſmall, nutmeg, pepper, mace, ſalt, crumbs of bread, four eggs, a quarter of a pound of butter or marrow mixed with a little flour, to make it ſtiff, half of which put into the udder, and the other into holes made in the fleſhy parts.

If a ſhoulder, baſte it with cream till half done, then flour it, and baſte it with butter.

The breaſt may be roaſted with the caul on 'till it is enough, and the ſweetbread ſkewerd on the backſide of the breaſt. When it is nigh enough, take off the caul, baſte it and dredge it with flour. All theſe are to be ſent to table with melted butter and garniſhed with ſliced lemon.

If a loin or fillet not ſtuffed, be ſure to paper the fat, that as little may be loſt as poſſible. All joints are to be laid at a diſtance from the fire, 'till ſoaked, then near the fire. When you lay it down baſte it with good butter (except it be the ſhoulder and that may be done the ſame if you rather chuſe it) and when it is near enough, baſte it again, and dridge it with a very little flour.

To roaſt a Pig.

Firſt wipe it very dry with a clean cloth, then take a piece of butter and ſome crumbs of bread, of each about a quarter of a pound, a little Sage, thyme ſweet marjoram, pepper, ſalt, and nutmeg, the yolks of two eggs, mix theſe and ſew it up in the belly; flour it very thick, then ſpit and lay it to the fire, taking care that your fire burns well at both ends, or 'till it does, hang a flat iron in the middle of the grate; continue flouring it

it 'till the eyes drop out, or you find the crackling hard, then wipe it clean with a cloth wet in ſalt and water, and baſte it with butter: when the gravy begins to run put baſons in the dripping pan to receive it; when you perceive it is enough, take about a quarter of a pound of butter, put it in a coarſe clean cloth, and having made a clear briſk fire, rub the pig all over with it till the crackling is quite criſp, and then take it from the fire: cut of the head and cut the pig in two down the back; then take out the ſpit; having cut the ears off, place one at each end, and alſo cut the head in two, and place one at each ſide; make the ſauce thus:

Take ſome good butter, melt it, mix it with the gravy receiv'd in the baſons, and the brains bruiſed, a little dried ſage ſhred ſmall, pour theſe into the diſh and ſerve it up.

To roaſt Pork.

The beſt way to roaſt a leg is firſt to parboil it, then ſkin and roaſt it, baſte it with butter: then take a little ſage, ſhred it fine, a little pepper and ſalt, a little nutmeg and a few crumbs of bread; throw all theſe over it all the time it is roaſting, then have a little drawn gravy to put in the diſh with the crumbs that drop from it. Some like the knuckle ſtuffed with onions, and ſage ſhred ſmall, with a little pepper and ſalt, gravy and apple-ſauce to it, this they call a *mock gooſe:* The ſpring or hand of pork, if very young, roaſted like a pig eats very well, otherwiſe it is beſt boiled: The ſpar-rib ſhould be baſted with a little bit of butter, a very little flour and ſome ſage ſhred ſmall and ſerved up with apple-ſauce. The beſt way to dreſs pork griſkins is to roaſt them, baſte them with butter and crumbs of bread, ſage, and a little pepper and ſalt, the ſauce to theſe is muſtard.

When you roaſt a loin, take a ſharp penknife and cut the ſkin acroſs to make the crackling eat the better. If pork is not well done, it is apt to ſurfeit.

To roaſt a hind quarter of Pig, Lamb-faſhion.

At the time of year when houſe-lamb is very dear, take the hind quarter of a large pig, take of the ſkin, and roaſt it and it will eat like lamb, with mint ſauce or with a ſallad, or with ſeville oranges.

To

To roaſt a leg of Mutton with Cockles.

Stuff it all over with cockles and roaſt it; garniſh with horſe radiſh.

To roaſt a leg of Mutton with Oyſters.

Take a leg about two or three days old, ſtuff it all over with oyſters and roaſt it. Garniſh with horſe-radiſh.

How to roaſt Mutton like Veniſon.

Take a fat hind quartet of Mutton, and cut the leg like a hanch of Veniſon, rub it well with ſalt petre, hang it in a moiſt place for two days, wiping it two or three times a day with a clean cloth, then put it into a pan, and having boiled a quarter of an ounce of all-ſpice in a quart of red wine, pour it boiling hot over your mutton, and cover it cloſe for two hours, then take it out, ſpit it, lay it to the fire, and conſtantly baſte it with ſome lemon and butter. If you have a good quick fire, and your mutton not very large, it will be ready in an hour and a half; then take it up, and ſend it to table, with ſome good gravy in one cup, and ſweet ſauce in another.

To roaſt a Hare.

One ſide being larded, ſpit it without larding the other, and while it is roaſting, baſte it with milk or cream, then ſerve it with thick claret ſauce.

Another way.

Take ſome liver of hare, ſome fat bacon, grated bread, an anchovy, ſhalot, a little winter ſavoury and ſome nutmeg; beat all theſe into a paſte, and put them into the belly of the hare; baſte the hare with ſtale beer, put a little bit of bacon in a pan, when it is half roaſted baſte it with butter. For ſauce, take melted butter and ſome winter ſavoury.

Another way.

Set and lard it with bacon, make for it a pudding of grated bread, the heart and liver parboiled and choped ſmall with beef ſuet, and ſweet herbs mixt with marrow, cream, ſpice and eggs, then ſew up the belly and roaſt it. When it is roaſted let your butter be drawn up with cream, gravy, or claret.

To

To roaſt a Rabbit Hare faſhion.

Lard a rabbit with bacon; roaſt it as you do a hare, and it eats very well. But then you muſt make gravy ſauce; but if you do not lard it, white ſauce,

To roaſt Rabbits.

Lay them down to a moderate fire, baſte them with good butter, and having boiled the liver with a bunch of parſley, and choped them ſmall, put half into the butter, pour it into the diſh, and garniſh it with the other half.

To roaſt a Hanch of Veniſon.

Take a hanch of veniſion and ſpit it, then take ſome wheat flour and water, knead and roll it very thin, tie it over the fat part of the veniſion with pack-thread; if it be a large hanch it will take four hours roaſting, and a midling hanch three hours, keep baſting all the time you roaſt it; when you diſh it up, put a little gravy in the diſh and ſweet ſauce in a baſon; half an hour before you draw your veniſon take off the paſte, baſte it and let it be a light brown.

To roaſt a Neat's Tongue.

Take a pickled tongue and boil it till the ſkin will come off, and when it is ſkined, ſtick it with cloves about two inches aſunder, then put it on a ſpit and wrap a veal caul over it and roaſt it till it is enough; then take off the caul and juſt froth it up, and ſerve it in a diſh with gravy, and ſome veniſon or claret ſauce on a plate; garniſh it with raſpings of bread ſifted, and lemon ſliced.

To roaſt a Tongue or Udder.

Parboil your Tongue or Udder, then ſtick into it ten or twelve cloves, and whilſt it is roaſting baſte it with butter. When it is ready take it up, and ſend it to table with ſome gravy and ſweet ſauce.

To roaſt a breaſt of Mutton.

Bone the Mutton, and make ſavoury forced meat for it, waſh it over with the batter of eggs, then ſpread the forced meat on it; roll it on a collar, and bind it with pack-thread; then roll it, put under it a regalia of cucumbers.

To

To roaſt a Chine of Pork with Stuffing.

Make a ſtuffing of the fat leaf of pork, take parſley, thyme, ſage, eggs, crumbs of bread, ſeaſon with pepper, ſalt, ſhalot, and nutmeg, and ſtuff it thick; then roaſt it gently, and when it is quarter roaſted cut the ſkin in ſlips, and make your ſauce with apples, lemon-peel, two or three cloves, a blade of mace, ſweeten it with ſugar, put ſome butter in, and have muſtard in a cup.

Directions concerning Poultry.

If your fire is not very quick and clear when you lay your poultry down to roaſt, it will not eat near ſo ſweet, or look ſo beautiful to the eye.

To dreſs Larks.

Truſs them handſomely on the back, but neither draw them nor cut off their feet; lard them with ſmall lardoons, or elſe ſpit them with a wooden ſkewer, with a ſmall lard of bacon between two; when they are near roaſted enough, dredge them with ſalt powdered fine and ſome crumbs of bread; when they are ready, rub the diſh you deſign to ſerve them with pepper, verjuice, and the juice of an orange, and crumbs of bread fried, and ſerved in a plate alone. Or with a ſauce made of claret, the juice of two or three oranges, and a little ſhred ginger, ſet over the fire a ſhort time, and beat up with ſome butter. You may uſe the ſame ſauce for broiled Larks, which you muſt open on the breaſts when you lay them on the grid-iron.

To roaſt Woodcocks.

When you have truſſed your Woodcock, and drawn it under the leg, take out the bitter part, put in the intrails again; whilſt the woodcock is roaſting baſte it with butter, ſet it under an earthen diſh with a ſlice of toaſted bread in it, and let the Woodcock drop upon it; your Woodcock will take about half an hour in roaſting if you have a good fire. When you diſh it up, lay the toaſt under it, and ſerve it up with ſauce made of gravy and butter with ſome lemon, a ſpoonful or two of red wine, and pour ſome over the toaſt.

To roaſt Snipes or Woodcocks.

Spit them on a ſmall bird-ſpit, flour them and baſte them with butter, then have ready a ſlice of bread toaſted brown,

lay it in a diſh, and ſet it under the ſnipes for the trail to drop on; when they are enough, take them up and lay them on a toaſt, have ready for two ſnipes, a quarter of a pint of good beef gravy hot, pour it into the diſh, and ſet it over a chaffing-diſh two or three minutes.—Garniſh with lemon, and ſend them hot to table.

To roaſt Partridge.

Let them be nicely roaſted, but not too much, dredge them with a little flour, and baſte them moderately, let them have a fine froth, let there be good gravy-ſauce in the diſh, and bread-ſauce in baſons made thus: take a pint of water, put in a good thick piece of bread, ſome whole pepper, a blade or two of mace; boil it five or ſix minuets 'till the bread is ſoft, then take out all the ſpice, and pour out all the water, only juſt enough to keep it moiſt, beat it ſoft with a ſpoon, throw in a little ſalt, and a good piece of freſh butter; ſtir it well together, ſet it over the fire for a minute or two, then put it into a boat.

To dreſs a Wild Duck the beſt way.

Firſt half roaſt it, then lay it in a diſh, carve it, but leave the joints hanging together, throw a little pepper and ſalt, and ſqueeze the juice of a lemon over it, turn it on the breaſt, and preſs hard with a plate, and add to its own gravy, two or three ſpoonfuls of good gravy, cover it cloſe with another diſh, and ſet over a ſtove ten minuets, then it muſt be carried to table hot in the diſh it was done in, and garniſh'd with lemon. You may add a little red wine, and ſhalot cut ſmall, if you like it, but it is apt to make the duck eat hard, unleſs you firſt heat the wine and pour it in juſt as is it is done.

To roaſt a Gooſe.

Take ſage, waſh it, pick it clean, chop it ſmall, with pepper and ſalt; roll them with butter, and put them into the belly; never put onion into any thing, unleſs you are ſure every body loves it; take care that your gooſe be clean picked and waſhed. I think the beſt way is to ſcald a gooſe, and then you are ſure it is clean, and not ſo ſtrong; let your water be ſcalding hot, dip in your gooſe for a minute, then all the feathers will come off clean; when it is quiet clean waſh it with cold water, and dry it with a cloth; roaſt it and baſte it with butter, and when it is half done throw ſome

flour over it, that it may have a fine brown. Three quarters of an hour will do it at a quick fire, if it is not too large, otherwiſe it will require an hour. Always have good gravy in a baſon, and apple-ſauce in another.

When you roaſt a gooſe, turkey, or fowls of any ſort, take care to ſinge them with a piece of white paper, and baſte them with a piece of butter; dridge them with a little flour, and when the ſmoke begins to draw to the fire, and they look plump, baſte them again, and dridge them with a little flour, and take them up.

A Green Gooſe.

Never put any ſeaſoning into it, unleſs deſired. You muſt either put good gravy, or green-ſauce in the diſh, made thus: take a handful of ſorrel, beat it in a mortar, and ſqueeze the juice out, add to it the juice of an orange or lemon, and a little ſugar, heat it in a pipkin, and pour into your diſh; but the beſt way is to put gravy in the diſh, and green-ſauce in a cup or boat. Or made thus: take half a pint of the juice of ſorrel, a ſpoonful of white wine, a little grated nutmeg, a little grated bread; boil theſe a quarter of an hour ſoftly, then ſtrain it, and put it into the ſauce-pan again, and ſweeten it with a little ſugar, give it a boil and pour it into a diſh or baſon; ſome like a little piece of butter rolled in flour, and put into it.

To dry a Gooſe.

Get a fat gooſe, take a handful of common ſalt, a quarter of an ounce of ſalt-petre, a quarter of a pound of coarſe ſugar, mix all together, and rub your gooſe very well; let it lie in this pickle a fortnight, turning and rubbing it every day, then roll it in bran, and hang it up in a chimney where wood-ſmoke is for a week. If you have not that conveniency, ſend it to the baker's, the ſmoke of the oven will dry it; or you may hang it in your own chimney, not too near the fire, but make a fire under it, and lay horſe-dung and ſaw-duſt on it, and that will ſmother and ſmoke-dry it; when it is well dried keep it in a dry place, you may keep it two or three months or more; when you boil it put in a good deal of water, and be ſure to ſkim it well.

*** *You may boil turnips, or cabbage boiled and ſtewed in butter or onion ſauce.*

To

To roaſt a Turkey.

Take a quarter of a pound of lean veal, ſome thyme, parſley, ſweet marjoram, a ſprig of winter ſavoury, a bit of lemon-peel, one onion, a nutmeg grated, a dram of mace, ſome ſalt and half a pound of butter; cut your herbs very ſmall, pound your meat as ſmall as poſſible, and mix all together with three eggs, and as much flour or bread as will make it of a proper conſiſtance; then fill the crop of your turkey with it, paper the breaſt, and lay it down at a good diſtance from the fire. When the ſmoke begins to draw to the fire and it looks plump, baſte it again and dridge it with ſome flour, then take it up and ſend it to table.

Sauce for a roaſted Turkey.

For the Sauce, take ſome white gravy, catchup, a few bread crumbs and ſome whole pepper; let them boil well together, put to them ſome flour and a lump of butter, which pour upon the turkey. You may lay round your turkey forced meat balls. Garniſh your diſh with ſlices of lemon.

To roaſt Pheaſants.

Pick and draw your pheaſants, and ſingle them, lard one with bacon, but not the other, ſpit them, roaſt them fine, and paper them all over the breaſt, when they are juſt done, flour and baſte them with a little nice butter, and let them have a nice white froth; then take them up, and pour good gravy in the diſh and bread ſauce in plates.

To roaſt a Fowl pheaſant faſhion.

If you ſhould have but one pheaſant, and want two in a diſh, take a large full-grown fowl, keep the head on, and truſs it juſt as you do a pheaſant, lard it with bacon, but don't lard the pheaſant, and nobody will know it.

To roaſt Pigeons.

Take ſome parſley ſhred fine, a piece of butter as big as a walnut, a little pepper and ſalt; tie a ſtring round the legs and rump, and faſten the other end to the top of the chimney-piece. Baſte them with butter, and when they are enough lay them in the diſh, and they will ſwim with gravy. You may put them on a little ſpit, and then tie both ends cloſe.

Directions concerning the time of roaſting.

A middling turkey or gooſe will take an hour; a very large one an hour and a quarter. A large fowl or tame duck, three quarters of an hour, a middling one half an hour, very ſmall ones twenty minutes. Wild ducks, teal, wigeon, &c. ten minutes, but if you love them well done, a quarter of an hour. Woodcocks, ſnipes, and partridges, twenty. pigeons, larks, &c. fifteen minutes.

To make muſhrom ſauce for white fowls of all ſorts.

Take a pint of muſhroms, waſh and pick them very clean, put them into a ſauce-pan, with a little ſalt, ſome nutmeg, a blade of mace, a pint of cream, and a good piece of butter rolled in flour; boil theſe all together, and keep ſtirring them, then pour your ſauce in a diſh and garniſh with lemon.

To make celery-ſauce either for roaſted or boiled fowls, Turkies, Partridges, or any other game.

Take a large bunch of celery, waſh and pare it very clean, cut it in thin bits, and boil it ſoftly in a little water till it is tender; then add a little beaten mace, nutmeg, pepper and ſalt, thicken'd with a good piece of butter rolled in flour, boil it up, and then pour it into your diſh.

A good ſauce for Teal, Mallard, Ducks, &c.

Take a quantity of veal gravy, according to the bigneſs of your diſh of wild fowl, ſeaſoned with pepper and ſalt; squeeze in the juice of two oranges and ſome claret. This will ſerve all ſorts of wild fowl.

General directions for BOILING *Meat.*

ALL freſh meat ſhould be put into the water boiling hot, and ſalt meat when the water is cold, unleſs you apprehend it is not corn'd quiet enough; and in that caſe putting it into the water when hot ſtrikes in the ſalt.

Chickens, lamb and veal are much whiter for being boiled in a clean linen cloth with a little milk in your water.

Obſerve that the time ſufficient for dreſſing different joints depends on the ſize. A leg of mutton, of about ſeven or eight

eight pounds, will take two hours boiling. A young fowl about half an hour. A middle-fized leg of lamb about an hour and a quarter. A thick piece of beef, of twelve or fourteen pounds, will take about two hours and a half after the water boils, if you put in the beef when the water is cold; and fo in proportion to the thickneſs and weight of the piece; but all kind of victuals take fomewhat more time in frofty weather. Upon the whole, the beſt rule to be obſerved is, to allow a quarter of an hour to every pound, when the joint is put into boiling water.

For boiling a Leg of Lamb, with the Loin fried about it.

Boil it and lay it in the diſh, then pour a little parſley and butter over it, and lay your fried lamb round it; cut ſome aſparagraſs the ſize of peaſe, boil it green, and lay it round your lamb in ſpoonfuls, and garniſh the diſh with criſp'd parſley.

A Leg of Lamb boiled with Chickens round it.

When your lamb is boiled, pour over it parſley and butter; lay your chickens round it, and pour over them a little white frieaſey ſauce; garniſh your diſh with ſippets and lemons.

To boil a Ham.

When you boil a ham, put it into a copper if you have one; let it be three or four hours before it boils, and keep it well ſkimmed all the time; if it is a ſmall one, an hour and a half will boil it, after the copper begins to boil; if a large one two hours; then take off the rind, and ſprinkle it over with raſpings of bread

To boil a Tongue.

Lay a dried tongue in warm water for ſix hours, then lay it three hours in cold water, then take it out and boil it three hours, which will be ſufficient. If it be juſt out of pickle, it muſt lay three hours in cold water, and then boiled till it will peel.

To boil pickled Pork.

Be ſure to put it in when the water boils. If a middling piece an hour will boil it; if a very large piece an hour and a half, or two hours. If you boil pickled pork too long it will go to a jelly.

To boil Rabbits.

Truſs them for boiling, and lard them with bacon; then boil them quick and white. For ſauce, take the boiled liver and ſhred it with fat bacon; toſs thoſe up together in ſome gravy, white wine vinegar, nutmeg, mace and ſalt; ſet parſley, minced barberries, and drawn butter: Lay your rabbits in a diſh, and pour the ſauce over them. Garniſh it with ſliced lemon and barberries.

Boiling Rabbits with Sauſages.

Take a couple of rabbits when almoſt boiled, put in a pound of ſauſages, and boil with them; when done enough diſh the rabbits, placing the ſauſages round the diſh, with ſome fried ſlices of bacon. For ſauce, put muſtard and melted butter beat up together in a cup, and ſerve them hot.

To keep Meat hot.

Set the diſh over a pan of boiling water, cover it with a deep cover ſo as not to touch the meat, and lay a cloth over all: This way will keep your meat hot a long time, and it is better than over-roaſting, and ſpoiling the meat. The ſteam of the water keeps the meat hot, and does not draw the gravy out, or dry it up; whereas if you ſet a diſh of meat over a chaffing-diſh of coals, it will dry up the gravy, and ſpoil the meat.

Directions for boiling POULTRY.

To boil Pigeons.

Boil them by themſelves for fifteen minutes, then boil a handſome ſquare piece of bacon and lay in the middle; ſtew ſome ſpinach to lay round, and lay the pigeons on it. Garniſh your diſh with parſley laid in a plate before the fire to criſp. Or lay one pigeon in the middle and the reſt round, and the ſpinach between each pigeon, and a ſlice of bacon on each pigeon. Garniſh with ſlices of bacon and melted butter in a cup.

To boil a Pheaſant.

Take a fine pheaſant, boil it in a good deal of water, keep your water boiling; half an hour will do a ſmall one, and

and three quarters of an hour a large one. Let your ſauce be celery ſtewed and thickened with cream, and a little butter rolled in flour; take up the pheaſant and pour the ſauce all over it. Garniſh with lemon.

To boil Chickens

Take four or five chickens, as you would have your diſh in bigneſs; if they be ſmall ſcald them, then pluck them, which will make them whiter, then draw them, and take out the breaſt-bone, waſh and truſs them, cut off the heads and necks, tie them in a napkin, and boil them in milk and water, and a little ſalt, about twenty-five minutes. They are better for being killed the night before you uſe them.

For making ſauce to the Chickens.

Boil the necks, livers and gizzards in water, when they are enough ſtrain of the gravy, and put a ſpoonful of oyſter pickle to it, break the livers ſmall, mix a little gravy, and rub them through a hair-ſieve with the back of a ſpoon; then put a ſpoonful of cream to it, a little lemon and lemon-peel grated, thicken it with butter and flour. Let your ſauce be no thicker than cream, pour it upon your chickens. Garniſh the diſh with ſippets, muſhrooms and ſlices of lemons.

To boil Ducks with onion ſauce.

Take two fat ducks ſeaſon them with a little pepper and ſalt, ſkewer them up at both ends, and boil them whilſt they are tender; take four or five large onions, boil them in milk and water, change the water two or three times in the boiling, when they are enough chop them very ſmall, and rub them through a hair-ſieve with the back of a ſpoon, then melt a little butter, put in your onions and a little ſalt, and pour it upon your ducks. Garniſh with onions and ſippets.

To boil a Turkey.

Draw and truſs your turkey, cut off the feet, and cut down the breaſt bone with a knife; then ſow up the ſkin again, and ſtuff the breaſt with the following ſtuffing.

Stuffing for a boiled Turkey.

Boil a ſweet-bread of veal, chop it fine with a little beef-ſuet, part of the liver, a ſpoonful or two of cream, with pepper, ſalt, nutmeg, and two eggs; mix all together, and ſtuff your turkey with part of the ſtuffing, the reſt may be fried or boiled, to lay round it; dridge it with a little flour,

tie

tie it up in a cloth, and boil it with milk and water; if the turkey is young, an hour and a quarter will do.

Sauce for a boiled Turkey.

Take a pint of oysters, two or three spoonfuls of cream, a little juice of lemon, a little small white gravy, and salt to your taste; thicken it with flour and butter, then pour it over your turkey, and serve it up; lay round the turkey fried oysters and forced meat. Garnish the dish with mushrooms, oysters, and slices of lemon.

Mushroom sauce for white Fowls boiled.

Take half a pint of cream, and a quarter of a pound of butter, stir them together one way till it is thick; then add a spoonful of mushroom pickle, pickled mushrooms, or fresh if you have them. Garnish only with lemon.

To boil a Goose with onions or cabbage.

Salt the goose for a week, then boil it. It will take an hour. You may either make onion-sauce as we do for ducks; or cabbage boiled, chopped, and stewed in butter, with a little pepper and salt; lay the goose in the dish, and pour the sauce over it.

Directions for Boiling GREENS, ROOTS, *&c.*

ALWAYS be very careful that your greens be nicely picked and washed. You should lay them in a clean pan, for fear of sand or dust, which is apt to hang round wooden vessels. Boil all your greens in a copper sauce-pan by themselves, with a great deal of water. Boil no meat with them, for that discolours them. Use no iron pans, &c. for they are not proper; but let them be copper, brass, or silver.

To dress Spinach.

Pick it very clean and wash it in five or six waters; put it in a sauce-pan that will just hold it, throw a little salt over it, and cover the pan close. Do not put any water in, but shake the pan often. You must put your sauce-pan on a clear quick fire. As soon as you find the greens are shrunk and fallen to the bottom, and that the liquor which comes out

out of them boils up, they are enough. Throw them into a clean ſieve to drain, and give them a little ſqueeze. Lay them in a plate, and never put any butter on it, but put it into a cup.

To dreſs Cabbages, &c.

Cabbage, and all ſorts of young ſprouts, muſt be boiled in a great deal of water. When the ſtalks are tender, or fallen to the bottom, they are enough; then take them off, before they loſe their colour. Always throw ſalt into your water before you put your greens in. Young ſprouts you ſend to table juſt as they are, but cabbages is beſt chopped, and put into a ſauce-pan with a good piece of butter, ſtirring it for five or ſix minuets, till the butter is all melted, and then ſend it to table.

Red Cabbage dreſs'd after the Dutch way, good for a cold in the Breaſt.

Take a Cabbage cut it ſmall and boil it ſoft, then drain it, and put it in a ſtew-pan, with a ſufficient quantity of oil and butter, a little water and vinegar, and an onion cut ſmall; ſeaſon it with pepper and ſalt, and let it ſimmer on a ſlow fire, 'till all the liquor is waſted.

To dreſs Carrots.

Let them be ſcraped very clean, and when they are enough rub them in a clean cloth, then ſlice them into a plate, and pour ſome melted butter over them. If they are young ſpring carrots, half an hour will boil them; if large, an hour; but old carrots will take two hours.

To dreſs Parſnips.

Boil them in a deal of water, and when you find they are ſoft take them up, ſcrape all the dirt off them, and with a knife ſcrape them fine, throwing away all the ſticky parts; then put them into a ſauce-pan with ſome milk, and ſtir them over the fire 'till they are thick; take great care they do not burn, add a good piece of butter and a little ſalt, and when the butter is melted ſend them to table.

To dreſs Turnips.

They eat beſt boiled in the pot, and when enough take them out and put them in a pan and maſh them with butter and ſalt, and ſend them to table. But you may do them

them thus : Pare your turnips, and cut them into dice, as big as the top of one's finger ; put them in a clean ſauce-pan, and juſt cover them with water. When enough, throw them into a ſieve to drain, and put them into a ſauce-pan with a good piece of butter ; ſtir them over the fire for five for ſix minutes, and ſend them to table.

To dreſs Parſnips.

Boil them in a deal of water, and when you find they are ſoft take them up, ſcrape all the dirt off them, and with a knife ſcrape them fine, throwing away all the ſticky parts ; then put them into a ſauce pan with ſome milk, and ſtir them over the fire till they are thick ; take great care they don't burn, add a good piece of butter and a little ſalt, and when the butter is melted ſend them to table.

To dreſs Brockala.

Strip off all the branches till you come to the top one, then with a knife peel off the hard outſide ſkin, which is on the ſtalks and little branches, and throw them into the water ; have a ſtew-pan of water with ſome ſalt in it, when it boils put in the brockala, and when the ſtalks are tender it is enough, then ſend it to table with butter in a cup. The French eat it with oil and vinegar.

To dreſs Potatoes.

Boil them in a little water as you can, cover the ſauce-pan cloſe, and when the ſkin cracks they are enough ; drain all the water out, and let them ſtand covered for a minute or two, then peel them, and pour ſome melted butter over them.

To dreſs Cauliflowers.

Take off all the green part, cut the flowers into four quarters, and lay them in water for an hour : then put them into ſome boiling milk and water, and be ſure to ſkim the ſauce-pan well ; when the ſtalks are tender, take them carefully up, and put them in a tullender to drain ; then diſh them, and ſerve them with melted butter.

To dreſs French Beans.

String them, cut them in two, and afterwards a-croſs ; lay them into water and ſalt, and when the pan boils put in ſome ſalt and the beans ; when they are tender they are enough ;

enough ; they will be ſoon done. Take care they do not loſe their fine green. Lay them on a plate, and ſerve them with butter in a cup.

To dreſs Beans and Bacon.

Boil the bacon by itſelf, and the beans by themſelves, for the bacon will ſpoil the colour of the beans ; always throw ſome ſalt into the water, and ſome parſley nicely picked ; when the bacon is enough, take it up and ſkin it, throw ſome raſpings of bread over the top, and ſet it before the fire to brown. Send them to table with butter in a baſon.

To dreſs Artichokes.

Wring off the ſtalks and put them into cold water with the tops downwards, that all duſt and ſand may boil out. When the water boils, an hour and a half will do them.

To dreſs Aſparagus.

Scrape all the ſtalks very carefully till they look white, then cut all the ſtalks even alike, then throw them into water, and have ready a ſtew-pan boiling. Put in ſome ſalt, and tie the aſparagus in little bundels. Let the water keep boiling, and when they are a little tender take them up. If you boil them too much you loſe both colour and taſte. Cut the round of a ſmall loaf about half an inch thick, toaſt it brown on both ſides, dip it in the aſparagus liquor, and lay it in your diſh : pour a little butter over the toaſt, then lay your aſparagus on the toaſt all round the diſh, with the white tops outward. Do not pour butter over the aſparagus, for that makes them greaſy to the fingers, but have your butter in a baſon, and ſend it to table.

Concerning boiling Greens &c.

Moſt people ſpoil garden things by over-boiling them. All things that are green ſhould have a little criſpneſs, for if they are over-boiled they neither have any ſweetneſs or beauty.

Brockala in Sallad.

Brockala is a pretty diſh, by way of ſallad. Boil it like aſparagus, lay it in your diſh, beat up oil and vinegar, and a little ſalt. Garniſh with ſtertion-buds.

Directions

Directions for Haſhing, Stewing, Baking, &c.

HASHING.

To haſh a Calf's Head.

SLIT your calf's head, cleanſe and half-boil it, and when it is cold, cut it in thin ſlices, and fry it in a pan of brown butter; then put it in a ſtew-pan over a ſtove, with a pint of gravy, as much ſtrong broth, a quarter of a pint of claret, as much white wine, and a handful of ſavoury balls, two or three ſhrivelled palates, a pint of oyſters, cock's-combs, lamb-ſtones, and ſweet-breads, boiled, blanched and ſliced with muſhrooms and truffles, then put your haſh into the diſh, and the other things, ſome round, and ſome on it.—Garniſh the diſh with ſliced lemon.

To haſh a Calve's Head White.

Take half a pint of gravy, a large wine glaſs of white wine, a bit of beaten mace, ſome nutmeg, and a little ſalt; then throw into your haſh ſome muſhrooms, ſome truffles and morels, firſt parboiled, a few artichoke bottoms and aſparagus tops, if you have them; a good piece of butter rolled in flour, the yolks of two eggs, half a pint of cream, a ſpoonful of muſhroom catchup; ſtir them carefully together till it is of a good thickneſs, then pour it into your diſh, and lay the other half of the head as before-mentioned, in the middle, and garniſh it as before directed, with fryed oyſters, brains, lemon, and forc'd meat balls fry'd.

To haſh Beef.

Cut ſome tender beef in ſlices, put it into a ſtew-pan well floured, with a ſlice of butter, over a quick fire, for three minutes, and then add a little water, a bunch of ſweet herbs, ſome lemon-peel, an onion, or a little marjoram, with pepper, ſalt, and grated nutmeg; cover it cloſe and let it ſtew till it is tender; then put in a glaſs of claret or ſtrong beer, ſtrain your ſauce, ſerve it hot, and garniſh with lemon and beet root.

To haſh a Leg of Mutton.

Half roaſt your mutton, and when it is cold cut it in thin pieces, put it into a ſtew-pan with a little water or ſmall

gravy

gravy, tw or three ſpoonfuls of red wine, two or three onions, and three ſpoonfuls of oyſter pickle ; thicken it with ur, and ſerve it up. Garniſh the diſh with horſe radiſh and pickle.—You may do a ſhoulder of mutton the ſame way, only boil the blade-bone, and lay it in the middle.

To haſh any ſort of Meat.

Take a little whole pepper, ſalt, a few ſprigs of ſweet herbs, a little anchovy, one ſhalot, two ſlices of lemon, or a little broth, let it ſtew a little, and thicken it with burnt butter. Serve it with pickles and ſippets.

To burn Butter for thickening of Sauce.

Boil your butter till it is brown, then ſhake in ſome flour, and ſtir it all the time it is on the fire, till it is thick. Put it by and keep it for uſe. A little piece is what the cooks uſe to thicken and brown their ſauce ; but there are few ſtomachs it agrees with, therefore ſeldom make uſe of it.

STEWING.

How to ſtew a rump of Beef.

TAKE a fat rump of beef, cut off the fag end, lard the lower part with fat bacon, and ſtuff the other part with ſhred parſley, put it into your pan, with two or three quarts of water, a quart of red wine, three anchovies, an onion, two or three blades of mace, ſome whole pepper and a bunch of ſweet herbs ; ſtew it over a ſlow fire five or ſix hours, turn it often in the ſtewing, and keep it cloſe covered ; when it is ſtewed enough, take from it the gravy, thicken part of it with a lump of butter and flour, and put it upon the diſh with the beef. Garniſh the diſh with horſe radiſh and beet root. There muſt be no ſalt upon the beef, only ſalt the gravy.

To ſtew Beef.

Cut raw beef in the manner as you do veal for ſcotch collops ; lay it in the diſh with ſome water, put to it a ſhalot, a glaſs of white wine, ſome marjoram powdered, ſome pepper and ſalt, and a ſlice or two of fat bacon ; then put it over the fire a ſhort time, till your diſh is full of gravy : you may put

put in ſome catchup ; ſerve it hot, and garniſh with lemons ſliced.

To ſtew Veal.

Procure ſome lean veal, either raw, boiled or roaſted, and having cut it in thin ſlices, put them in as much water as will juſt cover them, then put in ſome pepper and ſalt, ſome mace and nutmeg, a ſhalot, ſweet marjoram, and ſome lemon-peel ; and when they are ſtewed near enough, put ſome muſhroom gravy into the liquor, ſome lemon-juice, a glaſs of white wine, and ſtew it a little longer, then ſtrain off the liquor, and you may put ſome pickled muſhrooms in the ſauce, and thicken your ſauce with cream, or butter rolled in flour. Garniſh with ſliced lemon, and fried oyſters.

To ſtew a Rump, Leg, or Neck of Mutton.

Firſt break the bones, and put them in a pot with ſome whole pepper, mace and ſalt, one anchovy, one nutmeg, one turnip, two onions, a bunch of ſweet herbs, a pint of ale, a quart of claret, a quart or two of water, and a hard cruſt of bread ; ſtop it up and let it ſtew five hours, and ſerve it with toaſts and gravy. Put half this to the mutton, and ſtew it two hours. You may bake an ox-cheek the ſame way.

To ſtew Mutton Chops.

Cut your chops thin, take two earthen pans, put one over the other, lay your chops between, and burn brown paper under them.

To ſtew a Pig.

Firſt roaſt the pig till it is hot ; then take off the ſkin and cut it in pieces, and put it in a ſtew-pan, with good gravy and white wine, ſome pepper, ſalt, nutmeg, and onion, and a little ſweet marjoram, a little elder vinegar, and ſome butter, and when it is ſtewed enough lay it upon ſippets, and garniſh with ſliced lemon.

To ſtew Chickens.

Take two chickens and cut them into quarters, waſh them clean, and put them into a ſauce-pan, then put to them a quarter of a pint of water, half a pint of wine, ſome mace, pepper, a bundle of ſweet herbs, an onion, and a few raſpings ; cover them cloſe, let them ſtew half an hour, then take a piece of butter as big as an egg rolled in flour, put

it in, and cover it close five or six minuets, shake the sauce-pan about, then take out the sweet herbs and onion. You may take the yolks of two eggs, beat and mixed with them; if you do not like it leave them out. Garnish with lemon.

To stew Ducks whole.

Take ducks when they are drawn and washed clean, put them into a stew-pan with strong broth, red wine, mace, whole pepper, an onion, anchovy, and lemon peel; when well stewed put in a piece of butter, and some grated bread to thicken it; lay round them crisp bacon and force meat balls. Garnish with shalots.

To stew Pigeons.

Take your pigeons, season and stuff them, flat the breast bone, and truss them up as you would do for baking, dridge them over with some flour, and fry them in butter, turning them round till all sides be brown, then put them into a stew-pan with as much brown gravy as will cover them, and let it stew till your pigeons be done, then take part of the gravy, an anchovy shred, some catchup, an onion, or a shalot, and some juice of lemon for sauce, pour it over your pigeons, and lay round them forced meat balls and crisp bacon. Garnish your dish with crisp parsley and lemon.

To stew Giblets.

Take the giblets clean picked and washed, the feet skined and bill cut off, the head cut in two, the pinion bones broke into two, the liver cut into two, the gizzard cut into four, the pipe pulled out of the neck, and the neck cut in two; put them into a pipkin with a gill of water, some black and white pepper, a blade of mace, a sprig of thyme, a small onion, a crust of bread, then cover them close, and set them on a slow fire. Let them stew till they are tender, then take take out the herbs and onions, and pour them into a dish. Season them with salt.

To stew Rabbits.

Take two or three rabbits, and after boiling them till they are half enough, cut them into pieces in the joints, and cut the meat off in pieces, leaving some meat on the bones; then put the meat and bones into a good quantity of the liquor in which the rabbits were parboiled: set it over a chafing-dish of coals between two dishes, and let it stew,

season

ſeaſon with ſalt and groſs pepper, and then put in ſome oil, and before you take it off the fire ſqueeze in the juice of lemon; when it has ſtewed enough ſerve up all together in the diſh.

To ſtew Rabbits the French way.

Cut your Rabbits into quarters, then lard them with pretty lardoons of bacon, fry them, ſtew them in a ſtew-pan with ſtrong broth, white wine, pepper, ſalt, a faggot of ſweet herbs, fried flour and orange.

To ſtew Trout.

Take a large trout, waſh it, and put it in a pan with white wine and gravy, then take two eggs, buttered, ſome pepper, ſalt, nutmeg, lemon peel, ſome thyme, grated bread, mix them all together, and put in the belly of the trout; then let it ſtew a quarter of an hour, and put a piece of butter into the ſance, ſerve it hot, and garniſh with lemon ſliced.

To ſtew Cod.

Lay your cod in thin ſlices at the bottom of a diſh, with half a pint of white wine, a pint of gravy and ſome oyſters with their liquor, ſome pepper and ſalt and ſome nutmeg, let it ſtew till it is near enough, then thicken it with a piece of butter rolled in flour, let is ſtew a little longer, ſerve it hot, and garniſh with lemon ſliced.

How to ſtew Carp at PONTAC'S.

Take half gravy and half claret, as much as will cover your carp in the pan, with mace, whole pepper, ſome cloves, two anchovies, ſome horſe radiſh, a ſhalot or onion and ſalt, when the carp is enough, take it out, and boil the liquor as faſt as poſſible, till it be juſt enough to make ſauce; flour a bit of butter and throw into it, the juice of one lemon, then pour it over the carp.

To ſtew Oyſters.

Plump them into their own liquor, then ſtrain them off, and waſh them in clean water; then ſet on ſome of their own liquor, water and white wine, a blade of mace, and ſome whole pepper, let it boil ſome time then put in your oyſters, let it juſt boil up, then thicken them with the yolks of two eggs, a piece of butter, ſome flour beat up well; thicken it and ſerve it up with ſippets and lemon.

To ſtew a Pike.

Take a large pike, ſcale and clean it, ſeaſon it in the belly with ſome mace and ſalt, ſkewer it round, put it into a ſtew-pan, with a pint of ſmall gravy, a pint of red wine, and two or three blades of mace, ſet it over a ſtove with a ſlow fire and cover it up cloſe; when it is ſtewed enough, take part of the liquor, put it to two anchovies, ſome lemon peel ſhred fine, and thicken the ſauce with flour and butter; before you lay the pike on the diſh turn it with the back upwards, take off the ſkin and ſerve it up. Garniſh the diſh with lemon and pickle.

To ſtew Tench.

Scale your tench when alive, gut it and waſh the inſide with vinegar, then put it into a ſtew-pan when the water boils, with ſome ſalt, a bunch of ſweet herbs, ſome lemon peel and whole pepper; cover it up cloſe, and boil it quick till enough, then ſtrain off ſome of the liquor, and put to it ſome white wine and walnut liquor, or muſhroom gravy, an anchovy, ſome oyſters or ſhrimps, boil theſe together, toſs them up with thick butter rolled in flour, adding ſome lemon juice. Garniſh with lemon, horſe radiſh, and ſerve it hot with ſippets.

To ſtew Apples.

Take eight or ten large pippins, pared and cut in halves, a pound of fine ſugar, and a quart of water; then boil the ſugar and water together, ſkim it, and put in your apples in the ſyrup to boil, covered with froth till they are tender and clear; put ſome lemon in, and lemon-peel cut long and narrow, and a glaſs of wine; let them give one boil, put it in a china diſh, and ſerve it cold.

To ſtew Pears.

Pare ſix pears, and either quarter them or do them whole, they are a pretty diſh with one whole, the reſt cut in quarters, and the cores taken out. Lay them in a deep earthen pot, with a few cloves, a piece of lemon-peel, a gill of red wine, and a quarter of a pound of fine ſugar. If the pears are very large, they will take half a pound of ſugar, and half a pint of red wine; cover them cloſe with brown paper, and bake them till they are enough. Serve them hot or cold, juſt as you like them, and they will be very good with water, in the place of wine.

To ſtew Pears in a Sauce-pan.

Put them into a ſauce-pan with the ingredients as before; cover them and do them over a ſlow fire, when they are enough take them off.

To ſtew Pears purple.

Pare four pears, cut them into quarters, core them, and put them into a ſtew-pan, with a quarter of a pint of water, a quarter of a pound of ſugar, cover them with a pewter plate, then cover the pan with the lid, and do them over a ſlow fire. Look at them often, for fear of melting the plate; when they are enough, and the liquor looks of a fine purple, take them off, and lay them in your diſh with the liquor; when cold ſerve them up for a ſide-diſh at a ſecond courſe.

To ſtew Pippins whole.

Take twelve golden pippins, pare them, and put the parings into a ſauce-pan with water enough to cover them, a blade of mace, two or three cloves, a piece of lemon peel, let them ſimmer till there is juſt enough to ſtew the pippins in, then ſtrain it, and put it into the ſauce-pan again, with ſugar enough to make it like a ſyrup; then put them into a preſerving-pan, or clean ſtew-pan, or large ſauce-pan, and pour the ſyrup over them. Let there be enough to ſtew them in; and when they are enough, which you will know by the pippins being ſoft, take them up, and lay them in a little diſh with the ſyrup: when cold ſerve them up; or hot, if you chuſe it.

BROILING.

To broil Beef ſteaks.

TAKE your beef-ſteaks and beat them, ſtrew them over with ſome pepper and ſalt, lay them over your gridiron over a clear fire, turning them till enough; ſet your diſh over a chaffing-diſh of coals, with a little brown gravy, chop an onion or ſhalot ſmall as poſſible, and put it to the gravy; ſhake it all together, and put them on a diſh. Garniſh with ſhalots and pickles.

To

To broil Chickens.

Slit them down the back, ſeaſon them with pepper and ſalt, lay them on a clear fire at a great diſtance; let the inſide lie next the fire till it is above half done, then turn them and take great care the fleſhy ſide does not burn; throw ſome fine raſpings of bread over them, and let them be of a fine brown. Let your ſauce be good gravy, with muſhrooms and garniſh with lemon and the livers broiled, the gizzard cut, ſlaſh'd, and broiled with pepper and ſalt.

To broil Cod-ſounds.

Scald them in hot water, and rub them with ſalt; take off the black dirty ſkin, ſet them on the fire in cold water, and let them ſimmer till they begin to be tender, take them out and flour them, and broil them on a gridiron. For ſauce take a little good gravy, muſtard, pepper and ſalt, a bit of butter rolled in flour, give it a boil, ſeaſon it with pepper and ſalt, lay the ſounds on a diſh, and pour your ſauce over them.

To broil Mackrel.

Clean them, cut off the heads, ſplit them, ſeaſon them with pepper and ſalt, flour them, broil them of a fine light brown, and let your ſauce be plain butter.

To broil Salmon.

Cut it into thick pieces, flour and broil them, lay it in your diſh, and have melted butter in a cup.

To broil Haddocks when in high ſeaſon.

Scale, gut and waſh them, don't rip open their bellys, dry them in a clean cloth very well, if there be any roe or liver take it out, but put it in again; flour them well, and have a good clear fire. Let your gridiron be hot and clean, lay them on, turn them quick two or three times, for fear of ſticking, and let one ſide be enough before you turn them. Lay them on a diſh, and have plain butter in a cup.

To broil Whitings.

Waſh them with water and ſalt, then dry them well and flour them; rub your gridiron well with chalk and make it hot; then lay them on, and when they are done, ſerve them with oyſter or ſhrimp ſauce, and garniſh with lemon.

*** The chalk will keep the fiſh from ſticking.

To broil Herrings.

Scale and gut them, cut off the heads, wash them clean, dry them, flour and broil them, but with your knife just, notch them across; take the heads and mash them, boil them in beer or ale, with a little whole pepper and onion, let it boil a quarter of an hour, then strain it, thicken it with butter and flour, and mustard; lay the fish in the dish, and pour the sauce into a bason, or plain melted butter in a cup.

To broil Eels.

Take a large eel, skin it and make it clean, open the belly, cut it in four pieces, take the tail-end, strip of the flesh, beat it in a mortar, season it with a little beaten mace, a little grated nutmeg, pepper, salt, a little parsley and thyme, a little lemon-peel, an eqnal quantity of crumbs of bread, roll it in a piece of butter; then mix it again with the yolk of an egg, roll it up again, and fill the three pieces of belly with it, cut the skin of the eel, warp the pieces in, and sew up the skin, broil them well, have butter and an anchovy for sauce, with the juice of a lemon.

F R Y I N G.

To fry Veal Cutlets.

CUT your veal into slices and lard them with bacon, and season it with sweet marjoram, nutmeg, pepper, salt, and a little grated lemon-peel, wash them over with egg, and strew over them this mixture; then fry them in sweet butter, and serve them with lemon sliced and gravy.

Another way of dressing Veal Cutlets.

Cut a neck of veal into steaks, and fry it in butter; boil the scrag to strong broth, and two anchovies, two nutmegs, some lemon-peel, pennyroyal, and parsley, shred very small; burn a bit of butter, pour in the liquor and the veal cutlets, with a glass of white wine, and toss them all up together. If it be not thick enough, flour a bit of butter and throw in. Lay it in the dish, squeeze an orange and strew as much salt as will give them a relish.

To

To fry Mutton Steaks.

Cut off the rump end of the loin, then cut the reſt into ſteaks and flat them with a cleaver, or a rolling pin, ſeaſon them with a little ſalt and pepper, and fry them in butter over a good fire, as you fry them put them into an earthen pot till you have fried them all; then pour the fat out of the pan, put in a little gravy, and the gravy that comes from the ſteaks, with a ſpoonful of red wine, an anchovy, and an onion or a ſhalot ſhred, ſhake up the ſteaks in the gravy, and thicken it up with horſe-radiſh and ſhalots.

Another way of dreſſing Mutton Cutlets.

Firſt take a handful of grated bread, a little thyme, parſley, and lemon-peel, ſhred ſmall, with ſome ſalt, pepper, and nutmeg; then cut a loin of mutton into ſteaks, and let them be well beaten; and the yolks of two eggs, rub all over the ſteaks. Strew on grated bread with theſe ingredients mixed together and fry them. Make your ſauce of gravy, with a ſpoonful or two of claret, and an anchovy.

To fry Beef Steaks with Oyſters.

Pepper ſome tender beef ſteaks to your own mind, but do not ſalt them, for that will make them hard; turn them often till they are enough, which you will know by their feeling firm, then ſalt them to your mind.—For ſauce take oyſters with the liquor, and waſh them in ſalt and water; let the oyſter liquor ſtand to ſettle, and then pour off the clear; ſtew them gently in it, with a little nutmeg or mace, ſome whole pepper, a clove or two, and take care you do not ſtew them too much, for that will make them hard; when they are almoſt enough, add a little white wine, and a piece of butter rolled in flour to thicken it. Some chuſe to put an anchovy or muſhroom catchup into this ſauce, which makes it rich.

To fry a Loin of Lamb.

Cut the loin into thin ſteaks, put a very little pepper and ſalt, and a little nutmeg on them, and fry them in butter: when enough, take out the ſteaks, lay them in a diſh before the fire to keep hot, then pour out the butter, ſhake a little flour over the bottom of the pan, pour in a quarter of a pint of boiling water, and put in a piece of butter; ſhake all to-

together, give it a boil, pour over the ſteaks, and ſend it to table. N. B. You may do mution the ſame way, and add two ſpoonfuls of walnut pickle.

To fry Calves Feet in Butter.

Take four calves feet and blanch them, boil them as you would do for eating, take out the large bones and cut them in two, beat a ſpoonful of flour and four eggs together, put to it ſome nutmeg, pepper and ſalt, dip in your calves feet, and fry them in butter of a light brown, lay them upon a diſh with ſome melted butter, garniſh with ſome ſlices of lemon, and ſerve them up.

To fry Sauſages.

Take half a pound of ſauſages, and ſix apples, ſlice four about as thick as a crown, cut the other two in quarters, fry them with the ſauſages of a fine light brown, lay the ſauſages in the middle of the diſh, and the apples round. Garniſh with the quarter'd apples.

To fry Carp.

Firſt ſcale and gut them, waſh them clean, lay them in a cloth to dry, then flour them, and fry them of a light brown. Fry ſome toaſt cut three corner-ways, and the roes; when your fiſh is done, lay them on a coarſe cloth to drain. Let your ſauce be butter and anchovy, with the juice of lemon. Lay your carp in the diſh, the roes on each ſide, and garniſh with fry'd toaſt and lemon.

To fry Herrings.

Clean them as above, fry them in butter, have ready a good many onions peeled and cut thin. Fry them of a light brown with the herring; lay the herrings in your diſh, and the onions round, and butter and muſtard in a cup. You muſt do them with a quick fire.

To fry Lampreys.

Bleed them and ſave the blood, then waſh them in hot water to take of the ſlime, and cut them to pieces. Fry them in a little freſh butter not quite enough, pour out the fat, put in a little white wine, give the pan a ſhake round, ſeaſon it with whole pepper, nutmeg, ſalt, ſweet herbs, and a bay leaf, put in a few capers, a good piece of butter rolled in flour, and the blood; give the pan a ſhake round often, and cover them cloſe. When you think they are enough

enough take them out, ſtrain the ſauce, and give them a quick boil, ſqueeze in a little lemon and pour it over the fiſh. Garniſh with lemon, and dreſs them juſt what way you fancy.

To fry Eels.

Make them very clean, cut them into pieces, ſeaſon them with pepper and ſalt, flour and fry them in butter. Let your ſauce be plain butter melted, with the juice of lemon. Be ſure they be well drained from the fat before you lay them in the diſh.

To fry Oyſters.

Make a batter of milk, flour and eggs, then take ſome oyſters, waſh and dry them, dip them in the batter; then roll them in ſome crumbs of bread and mace beat fine, and fry them in hot lard or butter.

To fry Pancakes.

Take a pint of milk or cream, eight eggs, a nutmeg grated, and ſome ſalt; then melt one pound of butter, and a little ſack, before you ſtir it; it muſt be as thick with flour as ordinary batter, and fried with lard, turn it on the backſide of a plate. Garniſh with orange, and ſtrew ſugar over them.

To make Apple Fritters.

Take the whites of three eggs and the yolks of ſix, beat well together, and put to them a pint of milk or cream; then put to it four or five ſpoonfuls of flour, a glaſs of brandy, half a nutmeg grated, and ſome ginger and ſalt, your batter muſt be pretty thick, then ſlice your apples in rounds, and dipping each round in batter, fry them in good lard, over a quick fire.

To make White Scotch Collops.

Cut about four pounds of a fillet of veal into thin pieces, then take a clean ſtew-pan, butter it over, and ſhake ſome flour over it, then lay your meat in piece by piece, till all your pan is covered; then take two or three blades of mace, and a little nutmeg, ſet your ſtew-pan over the fire, toſs it up together till all your meat be white, then take half a pint of ſtrong veal broth, which muſt be ready made, a quarter of a pint of cream, and the yolks of two eggs, mix all theſe together, put to the meat, keep it toſſing all the time till they juſt boil up, when enough ſqueeze in ſome lemon; add oyſters and muſhrooms to make it rich.

So

To make an Apple Tanſey.

Cut three or four pippins into thin ſlices, and fry them in good butter, then beat four eggs with ſix ſpoonfuls of cream, ſome roſe-water, ſugar and nutmeg, ſtir them together, and pour it over the apples; let it fry a little, and turn it with a plate. Garniſh with lemon, and ſugar ſtrewed over it.

To make a Gooſeberry Tanſey.

Fry a quart of gooſeberries till tender in freſh butter, and maſh them; then beat ſeven or eight eggs, four or five whites, a pound of ſugar; three ſpoonfuls of ſack, as much cream, a penny loaf grated, and three ſpoonfuls of flour; mix all theſe together, put the gooſeberries out of the pan to them, ſtir all well together, and put them into a ſauce-pan to thicken; then put freſh butter into a frying-pan, fry them brown, and ſtrew ſugar over the top.

To make a Water Tanſey.

Take a dozen eggs and eight or nine of the whites, beat them very well, and grate a penny loaf, and put in a quarter of a pound of melted butter, and a pint of the juice of ſpinnage, then ſweeten it to your taſte.

To make Apple Froiſe.

Cut your apples into thin ſlices, then fry them of a light brown; take them up and lay them to drain and keep them from breaking, then make the following batter: take five eggs, but three whites, beat them up with flour and cream, and a little ſack; make it the thickneſs of a pancake batter, pour in a little melted butter, nutmeg, and a little ſugar. Melt your butter and pour batter, and lay a ſlice of apple here and there, pour more batter on them; fry them a light brown, then take them up, and ſtrew fine ſugar over them.

Mutton Cutlet's, from PONTACK'S

Take a handful of grated bread, ſome thyme and parſley, lemon peel ſhred very ſmall with ſome nutmeg, pepper and ſalt, then take a loin of mutton, cut it into ſteaks, and let them be well beaten; take the yolks of two eggs; rub all over the ſteaks. Strew on the grated bread with theſe ingredients mixed together. Make your ſauce of gravy, with a ſpoonful or two of claret, and ſome anchovy.

BAKING.

For baking Beef the French way.

FIRST bone it, and take away the ſkin and ſinews, then lard it with fat bacon, ſeaſon your beef with cloves, ſalt and pepper, then tie it up tight with a pack-thread, and put it in an earthen pan, ſome whole pepper, an onion ſtuck with ten cloves, and put at the top a bunch of ſweet herbs, two or three bay-leaves, a quarter of a pound of butter, and half a pint of claret, or white wine; cover it cloſe, bake it four or five hours; then ſerve it hot with its own liquor, or cold in ſlices, to be eat with muſtard and vinegar.

To bake a Leg of Beef.

Take a leg of beef, cut and hack it, put it into a large earthen pan; put to it a bundle of ſweet herbs, two onions ſtuck with a few cloves, a blade or two of mace, a piece of of carrot, a ſpoonful of whole pepper black and white, and a quart of ſtale beer. Cover it with water, tie the pot down cloſe with brown paper rubed with butter, ſend it to the oven, and let it be well baked. When it comes home, ſtrain it thro' a courſe ſieve. Pick out all the ſinews and fat, put them into a ſauce-pan with a few ſpoonfuls of the gravy, a little red wine, a little piece of butter rolled in flour, and ſome muſtard, ſhake your ſauce-pan often, and when the ſauce is hot and thick, diſh it up, and ſend it to table. It is a pretty diſh

For baking a Calf's Head.

Firſt waſh it clean, then halve it, and beat the yolks of three eggs, and rub it over with a feather on the backſide, then take ſome grated bread, pepper, ſalt, and nutmeg, lemon-peel grated, and ſome ſage cut ſmall; then ſtrew it over the outſide of the head, lay it in an earthen diſh, and cover the head with bits of butter, put a little water in the diſh and bake it in a quick oven; when you ſerve it, pour over it ſome ſtrong gravy, with the brains firſt boiled and mixed in it. Garniſh with lemon.

To bake an Ox's Head.

Do juſt in the ſame manner as the leg of beef is directed to be done in making the gravy as before, and it does full as well for the ſame uſes. If it is too ſtrong for any thing you want it for, it is only putting ſome hot water to it — Cold water will ſpoil it.

To bake a Pig.

If you ſhould be in a place where you cannot roaſt a pig, lay it in a diſh, flour it all over well, and rub it with butter; butter the diſh you lay it in, and put it into an oven. When it is enough draw it out of the oven's mouth, and rub it over with a buttery cloth; then put it into the oven again till it is dry, take it out, and lay it in a diſh; cut it up, take a little veal gravy, and take off the fat in the diſh it was baked in, and there will be ſome good gravy at the bottom, put that to it, with a piece of butter rolled in flour; boil it up, and put it into the diſh with the brains and ſage in the belly. Some love a pig brought whole to table, then you are only to put what ſauce you like into the diſh.

To bake a Turbut.

Take a diſh the ſize of your turbut, rub butter all over it thick, throw a little beaten pepper and ſalt, half a nutmeg, and ſome parſley minced fine over it, pour in a pint of white wine, cut off the head and tail, lay the turbut in the diſh, pour another pint of wine all over, grate the other half of the nutmeg over it, and a little pepper, ſome ſalt and a little chopped parſley. Lay a piece of butter here and there all over, and throw a little flour over all, and then a good many crumbs of bread. Bake it, and be ſure that it is of a fine brown; then lay it in your diſh, ſtir the ſauce in your diſh altogether, pour it into a ſauce-pan, ſhake in a little flour, let it boil, then ſtir in a piece of butter and two ſpoonfuls of catchup, let it boil and pour it into baſons. Garniſh your diſh with lemon; and you may add what you fancy to the ſauce, as ſhrimps, anchovies, muſhrooms, &c. If a ſmall turbut, half the wine will do; it eats finely thus; lay it in a diſh, ſkim of all the fat, and pour the reſt over it. Let it ſtand till cold, and it is good with vinegar, and a fine diſh to ſet out a cold table.

To bake Herrings.

Put fifty herrings into a pan, cover them with two parts water, and one part vinegar, with a good deal of all-ſpice, ſome cloves, a bunch of ſweet herbs, a few bay-leaves, and two large onions, tie them down cloſe, and bake them; when they come out of the oven, heat a pint of red wine hot, and put to them; then tie them down again, and let them ſtand four or five days before you open them, and they will be very fine and firm.

To bake any ſort of Fiſh

Butter the pan, lay in the fiſh, throw a little ſalt and flour, over it, put a very little water in the diſh, an onion and a bundle of ſweet herbs; ſtick ſome little bits of butter on the fiſh, and let it be baked of a fine light brown; when enough, lay it on a diſh before the fire, and ſkim off all the fat in the pan, ſtrain the liquor, and mix it up either with the fiſh-ſauce or ſtrong ſoop, or catchup.

To bake Mutton Chops.

Take a loin or neck of mutton, cut it in thin ſteaks, put ſome pepper and ſalt over it, butter your diſh and lay in your ſteaks; then take a quart of milk, ſix eggs beat up fine, and four ſpoonfuls of flour; beat your flour and eggs in a little milk firſt, and then put the reſt to it, put in a little beaten ginger, and a little ſalt. Pour this over the ſteaks, and ſend them to the oven; an hour and a half will bake them.

Forcemeat balls for made Diſhes.

Mince half a pound of veal, with the ſame quantity of ſuet, take a few ſweet herbs ſhred fine, ſome beaten mace and nutmeg, a little lemon-peel cut ſmall, the yolks of two or three eggs, ſome pepper and ſalt; mix all theſe ingredients well together, make them up into little balls, roll them in flour, and fry them brown. They are a great addition to moſt made diſhes.

Pigeons in a Hole.

Seaſon your pigeons with ſalt, pepper, and beaten mace, put into their bellies a ſmall piece of butter, lay them in a diſh, pour over them a little batter, and ſend them to the oven to bake.

FRICASEYS.

FRICASEYS.

To fricaſey Lamb.

CUT a hind quarter of lamb into thin ſlices, ſeaſon them with ſavoury ſpice, ſweet herbs, and a ſhalot; then fry them, toſs them up in ſtrong broth, white wine, oyſters, two palates, a little brown batter, force-meat balls, and an egg or two to thicken it, or a bit of butter rolled in flour. Garniſh with lemon.

To fricaſey cold Roaſt Beef.

Firſt cut your beef into thin ſlices, then ſhred a handful of parſley very ſmall, cut an union into pieces and up them together in a ſtew-pan, with a piece of butter, and a good quantity of ſtrong broth, ſeaſon with pepper and ſalt, let it ſtew gentley a quarter of an hour, then beat the yolks of four eggs in ſome claret, and a ſpoonful of vinegar, put it to your meat, and ſtir it till it grows thick; rub your diſh with a ſhalot before you ſerve it up.

To fricaſey Calf's Feet white.

Boil the feet as you would do for eating, then take out the bones, and cut them in two, put them in a ſtew-pan, with a little white gravy, and a ſpoonful of white wine; take the yolks of three eggs, three ſpoonfuls of cream, grate a little nutmeg and ſalt, with a lump of butter, ſhake all well together, and garniſh your diſh with ſlices of lemon and currants.

To make a brown fricaſey of Rabbits or Chickens.

You muſt take your rabbits or chickens and ſkin them, then cut them into ſmall pieces, and rub them over with yolks of eggs; have ready ſome grated bread, a little beaten mace, and a little grated nutmeg, and then roll them in it; put a little butter into a ſtew-pan, and when it is melted put in your meat; fry it of a fine brown, and take care they do not ſtick to the bottom of the pan, then pour the butter from them, and pour in half a pint of gravy, a glaſs of red wine, a few muſhrooms, or two ſpoonfuls of the pickle, a little ſalt (if wanted) and a piece of butter rolled in flour; [illegible] of a fine thickneſs diſh it up, and ſend it to table.

To make a white fricaſey of Rabbits, Chickens, &c.

Skin them and cut them into ſmall pieces, lay them into warm water to draw out the blood, and then lay them in a cloth to dry; put them into a ſtew-pan with milk and water, ſtew them till they are tender, then take a clean pan, put in half a pint of cream, and a quarter of a pound of butter, ſtir it together till it is melted, but be ſure to keep it ſtirring all the time or it will be greaſy; then with a fork take the chickens or rabbits out of the ſtew-pan, and put them into the ſauce-pan to the butter and cream; have ready a little mace dried and beat fine, a little nutmeg, a few muſhrooms, ſhake all together for a minute or two, and diſh it up. This is a pretty ſauce for a breaſt of veal roaſted. You may fricaſey veal, lamb, mutton, &c. the ſame way.

To fricaſey Pigeons.

Take eight pigeons, new killed, cut them into ſmall pieces, and put them into a ſtew-pan with a pint of water; ſeaſon your pigeons with ſalt and pepper, a blade or two of mace, an onion, a bundle of ſweet herbs, a good piece of butter rolled in a very little flour; cover it cloſe, and let them ſtew till there is juſt enough for ſauce, then take out the onion and ſweet herbs, beat up the yolks of three eggs, grate half a nutmeg in, and with your ſpoon puſh the meat all to one ſide of the pan and the gravy to the other ſide, and ſtir in the eggs; keep them ſtirring for fear of turning to curds, and when the ſauce is fine and thick, ſhake all together, put in half a ſpoonful of vinegar, and give them another ſhake; then put the meat into the diſh, pour the ſauce over it, and have ready ſome ſlices of bacon toaſted, and fried oyſters; throw the oyſters all over, lay the bacon round, and garniſh with lemon.

To fricaſey Ducks.

Quarter them and beat them with the back of your cleaver, dry them well, fry them in ſweet butter. and when they are almoſt fry'd, put in a handful of onions ſhred ſmall, and a little thyme; then put in a little claret, ſome thin ſlices of bacon, with ſpinage and parſley boiled green and ſhred ſmall; break the yolks of three eggs, with a little pepper in a diſh, and ſome grated nutmeg, toſs them up with a ladleful of draw

drawn butter, pour this over your ducks, lay your bacon upon them, and ſerve it hot.

To fricaſey a Gooſe.

Roaſt your gooſe, and before it is quite done, cut and notch it with a knife long-ways, then ſlaſh it acroſs, and ſtrew pepper and ſalt over it, then lay it in your pan, with the ſkinny ſide downwards, till it has taken a gentle heat; then broil it on a gridiron over a gentle fire; when it is enough baſte the upper ſide with butter, a little ſugar, vinegar and muſtard; pour this into a diſh, with ſauſages and lemons, and ſerve it up.

To fricaſey Cod-ſounds.

Clean them well, then cut them into little pieces, boil them tender in milk and water, then throw them into a cullender to drain, pour them into a clean ſauce-pan, ſeaſon them with a little beaten mace and grated nutmeg, and a very little ſalt; pour to them juſt cream enough for ſauce, and a good piece of butter rolled in flour; keep ſhaking your ſauce pan round all the time, till it is thick enough, then diſh it up. Garniſh with lemon.

To fricaſey Artichoke-bottoms.

Take them either dried or pickled; if dried, you muſt lay them in warm water for three or four hours, ſhifting the water two or three times; then have ready a little cream and a piece of freſh butter, ſtirring together one way over the fire till it is melted, then put in the artichokes, and when they are hot diſh them up.

To fricaſey a Calf's Head.

Your head muſt be well cleaned and boiled tender; then cut it in thin ſquare pieces as big as a walnut, then toſs it up with muſhrooms, ſweet-breads, and artichoke bottoms, cream and yolks of eggs; ſeaſon it with mace and nutmeg, and ſqueeze in a lemon, and ſerve it away hot.

To fricaſey Sturgeon brown.

Cut your ſturgeon in thin ſlices, and ſeaſon it with pepper, ſalt and nutmeg, ſtrew over a little flour, and fry it browniſh; then take a bit of butter, paſs it brown with flour; put in ſome good gravy, one anchovy, and the juice of an orange; to ſerve away.

Directions

Directions for making PIES, TARTS, *&c.*

PIES.

To make a Beef ſteak pye.

TAKE fine rump ſteaks, beat them, then ſeaſon them with pepper and ſalt, make a good cruſt, lay in your ſteaks, fill your diſh, then pour in as much water as will half fill the diſh, put on the cruſt, and bake it well.

For making a Mutton pye.

Pepper and ſalt your mutton ſteaks, fill the pye, then lay on butter, pour in ſome thin gravy and cloſe it. When it is baked ſkim the fat off the pye, toſs up a handful of chopped capers, oyſters, and cucumbers in gravy, an anchovy, and drawn butter, and pour them in.

To make a ſavoury Lamb pye.

Firſt ſeaſon the lamb with pepper, ſalt, cloves, mace, and nutmeg, then put it into your cruſt, with a few ſweet-breads and lamb-ſtones ſeaſoned as your lamb, alſo ſome oyſters, add ſavoury force-meat balls, hard yolks of eggs, and pour in a little thin gravy; then put butter all over the pye, and lid it, and ſet it in a quick oven an hour and a half; then make a lear with oyſter liquor, as much gravy, ſome claret with one anchovy in it, and a grated nutmeg. Let theſe have a boil, thicken it with the yolks of two or three eggs, and when the pye is drawn put it in.

To make a pretty ſweet Lamb or Veal pye.

Make a good cruſt, butter the diſh, and lay in your bottom and ſide-cruſt, then cut your meat in ſmall pieces, ſeaſon with a very little ſalt, ſome mace and nutmeg beat fine, and ſtrewed over; then lay a layer of meat, and ſtrew ſome currants clean waſhed and picked, and a few raiſins ſtoned, all over the meat; lay another layer of meat, put a little butter at the top, and a little water juſt enough to bake it and no more. Have ready again it comes out of the oven, a white wine caudle made very ſweet, and ſend it to table hot.

To

To make a very fine ſweet Lamb or Veal Pye.

Seaſon your lamb with ſalt, pepper, cloves, mace, and nutmeg, all beat fine to your palate, cut your lamb or veal into little pieces, make a good puff-paſte cruſt, lay it in your diſh, then lay in your meat, ſtrew on it ſome ſtoned raiſins and currants clean waſhed, and ſome ſugar: then lay on it ſome force-meat balls made ſweet, and in the ſummer ſome artichoke-bottoms boiled, and ſcalded grapes in the winter. Boil ſpaniſh potatoes cut in pieces, candied citrion, candied orange, and lemon-peel, and three or four blades of mace, put butter on the top, cloſe up your pye, and bake it. Have ready againſt it comes out of the oven, a caudle made thus: take a pint of white wine, and mix in the yolks of three eggs, ſtir it well together over the fire, one way all the time till it is thick; then take it off, ſtir in ſugar enough to ſweeten it, and ſqueeze in the juice of a lemon; pour it hot into your pye, and cloſe it up again. Send it hot to table.

To make a ſavoury Lamb or Veal pye.

Make a good puff-paſte cruſt, cut your meat into pieces, ſeaſon it to your palate with pepper, ſalt, mace, cloves, and nutmeg finely beat; lay it into your cruſt with a few lamb-ſtones and ſweetbreads ſeaſoned as your meat, alſo ſome oyſters and forced meat-balls, hard yolks of eggs, and the tops of aſparagus two inches long, firſt boiled green; put butter all over the pye, put on the lid and ſet it in a quick oven an hour and a half, and then have ready the liquor, made thus: take a pint of gravy, ſome oyſters liquor, a gill of wine, and a little grated nutmeg: mix all together with the yolks of two or three eggs beat, and keep it ſtirring one way all the time. When it boils, pour it into your pye; put on the lid again. Send it hot to table. You muſt make liquor according to your pye.

To make a Veniſon Paſty.

Lay down half a peck of flour, put to it four pounds of butter, beat eight eggs, and make the paſte with warm water, bone the veniſon, break the bones, ſeaſon them with ſalt and pepper, and boil them, with this fill up the paſty when it comes out of the oven; take a pound of beef ſuet, cut it into long ſlices, ſtrew pepper and ſalt upon it; lay

the veniſon in, ſeaſoned pretty high with ſalt and black pepper bruiſed; ſet pudding cruſt round the inſide of the paſty, and put in about three quarters of a pint of water; lay on a layer of freſh butter, and cover it. When it comes out of the oven, pour in the liquor you have made of the bones boiled, and ſhake all together.

To make a Veniſon pye.

When you have raiſed a high pye, ſhred a pound of beef ſuet, and lay it in the bottom, cut the veniſon in pieces and ſeaſon it with ſalt and pepper, lay it on the ſuet, lay butter on the veniſon, cloſe up the pye, and let it ſtand in the oven ſix hours.

To make a Cheſhire Pork pye.

Skin your pork, then cut it in ſteaks, ſeaſon it very well with ſalt, nutmeg ſliced, and beaten pepper, put in ſome pippins cut ſmall, and ſweeten with ſugar to your palate; put in a gill of wine; lay butter all over it, cloſe your pye, and ſet it in the oven.

To make a Ham pye.

Take ſome cold boiled ham, ſlice it, make a good thick cruſt to cover the diſh, and lay a layer of ham, ſhake ſome pepper over it, then take a large young fowl clean picked, gutted, waſhed and ſinged; put a little ſeaſoning in the belly, and rub a little ſalt on the outſide; lay the fowl on the ham, boil ſome eggs hard, put in the yolks, and cover all with ham, then ſhake ſome pepper on the ham and put on the top cruſt. Bake it well, have ready ſome rich beef gravy, fill the pye, lay on the cruſt again, and ſend it hot to table. You ſhould pour a little gravy into the pye when you make it, juſt enough to bake the meat, and then fill it when it comes out of the oven. Boil ſome truffles and morels, and put into the pye, and ſome muſhrooms.

To make a Calf's Foot pye.

Firſt ſet four calves feet on in a ſauce-pan in three quarts of water, with three or four blades of mace; let them boil ſoftly till there is about a pint and a half, then take out your feet, ſtrain the liquor, and make a good cruſt; cover your diſh, ſtrew half a pound of currants clean waſhed and picked

over, and half a pound of raiſins ſtoned; lay on the reſt of the meat, ſkim the liquor, ſweeten it to the palate, and put in half a pint of white wine; pour it into the diſh, put on your lid, and bake it an hour and a half.

To make an Olive pye.

Make your cruſt ready, then take the thin collops of the beſt end of a leg of veal, as many as you think will fill your pye; hack them with the back of a knife, and ſeaſon them with ſalt, pepper, cloves, and mace; waſh over your collops with a bunch of feathers dipped in eggs, and have in readineſs a good handful of ſweet herbs ſhred ſmall. The herbs muſt be thyme, parſley, and ſpinag, the yolks of eight hard eggs minced, and a few oyſters parboiled and chopped, ſome beef ſuet ſhred very fine; mix theſe together, and ſtrew them over your collops, then ſtrinkle a little orange-flour water over them, roll the collops up very cloſe, and lay them in your pye, ſtrewing the ſeaſoning over what is left, put butter on the top, and cloſe your pye. When it comes from the oven, have ready ſome hot gravy, and pour it into the pye, with an anchovy diſſolved in it. You may leave out the orange-flour water if you do not like it.

To make a Calf's Head pye.

Cleanſe and waſh the head well, boil it for three quarters of an hour, cut the fleſh into pieces, blanch the tongue and ſlice it; parboil a quart of oyſters and beard them; take the yolks of ten or twelve eggs. Intermix ſome thin ſlices of bacon with the meat; put an onion cut ſmall in the bottom of the pye, ſeaſoning it with ſalt, pepper, nutmeg and mace; lay alſo butter on the bottom, put in your meat, cloſe up the pye, and put in a little water; when it is baked take off the lid; take off the fat, and put in a lear of thick butter, mutton gravy, a lemon pared and ſliced, with two or three anchovies diſſolved; let them ſtew a little while, cut the lid in handſome pieces, lay it round the pye and ſerve it up.

To make a Devonſhire ſquab pye.

Make a good cruſt, cover the diſh all over, put at the bottom a layer of ſliced pippins, ſtrew over them ſome ſugar then a layer of mutton ſteaks cut from the loin, well ſeaſoned wit

with pepper and ſalt, then another layer of pippins; peel ſome onions and ſlice them thin, lay a layer all over the apples, then a layer of mutton, then pippins and onions, pour in a pint of water; cloſe your pye and bake it.

To make a Shropſhire pye.

Make a good puff-paſte cruſt, then cut two rabbits and two pounds of fat pork in pieces; ſeaſon both to your liking, then cover your diſh with cruſt, and lay in your rabbits; mix the pork with them; take the livers of the rabbits, parboil them, and beat them in a mortar, with as much fat bacon, a little ſweet herbs, and ſome oyſters if you have them. Seaſon with pepper, ſalt and nutmeg, mix it up with the yolk of an egg, and make it into balls; lay them here and there in your pye, ſome artichoke bottoms cut in dice, and cock-combs, if you have them; grate a ſmall nutmeg over the meat, then pour in half a pint of red wine, and half a pint of water; cloſe your pye, and bake it an hour and a half in a quick oven, but not too fierce an oven.

To make a Yorkſhire Chriſtmas pye.

Firſt make a good ſtanding cruſt, let the wall and bottom be very thick; bone a turkey, a gooſe, a fowl, a patridge, and a pigeon; ſeaſon them all very well, take half an ounce of mace, half an ounce of nutmegs, a quarter of an ounce of cloves, and half an ounce of black pepper, all beat fine together, two large ſpoonfuls of ſalt, then mix them together; open the fowls down the back, and bone them; firſt the pigeon, and then the patridge, cover them; then the fowl, then the gooſe, and then the turkey, which muſt be large; ſeaſon them well, and lay them in the cruſt, ſo as it will look only like a whole turkey; then have a hare ready caſed, and wiped with a clean cloth, cut it to pieces, that is, joint it; ſeaſon it, and lay it as cloſe as you can on one ſide; on the other ſide woodcocks, moor game, and what ſort of wild fowl you can get; ſeaſon them well, and lay them cloſe; put at leaſt four pounds of butter in the pye, then lay on your lid, which muſt be a very thick one, and let it be well baked. It muſt have a very hot oven, and will take at leaſt four hours.

The cruſt will take a buſhel of flour. Theſe pyes are often ſent to London in a box as preſents; therefore the walls muſt be well built.

To make a Rabbit pye.

Parboil a couple of Rabbits, bone, lard and ſeaſon them with pepper, ſalt, nutmeg cloves, mace, and winter ſavoury; put them in the pye, with a good many force-meat balls, laying a pound of butter on the top, cloſe it up, bake it, and when it is cold, fill it up with clarified butter.

To make a Hare pye.

Dreſs a large hare, mince one part of it ſmall with bacon, thyme, ſavoury and marjoram; ſeaſon it with ſalt, pepper, cloves and nutmeg; ſeaſon the other part as you did the former; work the minced meat with the yolks of eggs, and lay it about the hare, and fill up the pye with ſweet butter; bake it, and when it comes out of the oven, pour in half a pint of ſtrong gravy.

To make a Gooſe pye.

Make the walls that your cruſt be juſt big enough to hold the gooſe; firſt have a pickled dried tongue, boiled very tender ſo as to peel, cut off the root, bone the gooſe, and a large fowl; take half a quarter of an ounce of mace beat fine, three tea ſpoonfuls of ſalt, a tea-ſpoonful of beaten pepper, and mix altogether; ſeaſon both fowl and gooſe with it, then put the fowl into the gooſe and the tongue into the fowl, and lay the gooſe in the ſame form as if whole, put half a pound of butter on the top, and lay on the lid. This pye is excellent either hot or cold, and may be kept a great while; a ſlice of it makes a pretty ſide-diſh for a ſupper.

To make a Giblet pye.

Take two pair of giblets nicely cleaned, put all but the livers into a ſauce-pan, with two quarts of water, twenty corns of whole pepper, three blades of mace, a bundle of ſweet herbs, and a large onion; cover them cloſe, and let them ſtew very ſoftly till they are quite tender, then have a good cruſt ready, cover your diſh, lay a fine rump ſteak at the bottom, ſeaſoned with pepper and ſalt; then lay in your giblets with the livers, and ſtrain the liquor they were ſtew'd in;

in ; ſeaſon it with ſalt, and pour in your pye ; put on the lid, and bake it an hour and a half.

To make a green Gooſe pye.

Take two fat green geeſe, bone them, ſeaſon them pretty high with pepper, ſalt, nutmeg, and cloves, and if you like it, add a couple of whole onions in the ſeaſoning, lay them one on another, and fill the ſides, then cover them with butter, and ſend it to the oven.

To make a Turkey pye.

Bone your turkey, ſeaſon it with ſavoury ſpice, put it in your pye with a couple of capons or wild ducks cut in pieces, to fill the corner; lay on butter and cloſe the pye. When it is bak'd and cold fill it with clarify'd butter, as muſt be done to all cold pyes.

To make a Chicken pye.

Boil young Chickens in an equal quantity of milk and water, then ſlea them, and ſeaſon them with ſalt, cloves, and nutmeg; put puff-paſte round, and in the bottom of the diſh lay a layer of butter, with artichoke bottoms, veal ſweetbreads, and cocks-combs, and over them lay the chickens, with ſome bits of butter roll'd up in the ſeaſoning, and ſome balls of force-meat ; lay on a lid of puff-paſte ; the oven muſt not be too hot ; while it is baking make the following caudle, boil a blade of mace in half a pint of white wine or cyder, take it of the fire and ſlip in the yolks of two eggs well beaten, with a ſpoonful of ſugar, and a bit of butter rolled up in flour ; pour this caudle into the pye when it comes out of the oven.

To make a Duck pye.

Take two ducks, ſcald them and make them very clean, cut off the feet, pinions, neck and head, with the gizzards, livers and hearts ; pick out all the fat of the inſide, lay a cruſt over the diſh, ſeaſon the ducks with pepper and ſalt, inſide and out, lay them in your diſh, and the giblets at each end ſeaſoned ; put in as much water as will almoſt fill the pye, lay on the cruſt, and bake it, but not too much.

To make a young Rook pye.

Take young rooks, ſlea and parboil them, put a cruſt at the bottom of your diſh, with a great deal of butter, and

force

forced-meat balls, then ſeaſon the rooks with ſalt, pepper, cloves, nutmeg, and ſome ſweet herbs, and put them in your diſh; pour in ſome of the liquor they were parboiled in, and lid it; when baked, cut it open and ſkim of the fat; warm and pour in the remainder of the liquor.

To make a Pigeon pye.

Make a good cruſt, cover your diſh, let your pidgeons be very nicely picked and cleaned. ſeaſon them with pepper and ſalt, and put a good piece of butter, with ſeaſoning in their bellies; lay them on the diſh, the necks, gizzards, livers, pinions and hearts, lay between; with the yolk of a hard egg and a beef-ſtake in the middle; put as much water as will almoſt fill the diſh, lay on the top-cruſt and bake it well.

To make a Lark or Sparrow pye.

You muſt have five dozen at leaſt, lay betwixt every one a bit of bacon, and a leaf of ſage and a little force-meat at the bottom of your cruſt: put ſome butter on the top and lid it; when baked for one hour, which will be ſufficient, make a little thickened gravy, put in the juice of a lemon, ſeaſoned with pepper and ſalt, and ſerve it hot and quick.

To make an Eel pye.

Skin and clean the eels, ſeaſon them with a little nutmeg, pepper and ſalt, cut them in long pieces, and make your pye with good butter-paſte, let it be oval, with a thin cruſt, lay in your eels lengthways, putting over them ſome freſh butter, then bake them.

To make a Herring pye.

Scale, gut and waſh them very clean, cut off the heads, fins and tails, make a good cruſt, cover your diſh, then ſeaſon your herrings with ſalt, pepper and beaten mace, put a little butter on the bottom of the diſh, then a row of herrings, pare ſome apples and onions and cut them in thin ſlices all over thick, lay a little butter on the top, put in a little water, lay on the lid, and bake it well.

To make a Salmon pye.

Make a good cruſt, clean your ſalmon well, ſeaſon it with ſalt, mace, and nutmeg; lay a piece of butter at the bottom of your diſh, and lay the ſalmon in; melt butter according to your pye; take a lobſter, boil it, pick out all the fleſh,

chop

chop it ſmall, bruiſe the body, mix it well with the butter, which muſt be very good ; pour it over the ſalmon, put on the lid and bake it.

To make a Trout pye.

Clean and ſcale your trout, and lard them with pieces of a ſilver eel rolled up in ſpice, ſweet herbs, and bay leaves powdered; lay between and on them, the bottom of ſliced artichokes, oyſters, muſhrooms, capers, and ſliced lemon; lay on butter and cloſe the pye.

To make an Oyſter pye.

Firſt parboil a quart of large oyſters, in their own liquor, then mince them ſmall, and pound them in a mortar with marrow, piſtache-nuts, ſweet herbs, an onion, ſavoury ſpice, and a little grated bread, or ſeaſon them in the ſame manner whole, lay on butter, and cloſe the pye.

To make a Lobſter pye.

Boil two lobſters, take out the tails, cut them in two, take out the gut, cut each tail in four pieces, and lay them in the diſh. Take the bodies, bruiſe them well with the claws, and pick out the reſt of the meat ; chop it all together, ſeaſon it with pepper, ſalt, and two or three ſpoonfuls of vinegar, melt half a pound of butter, ſtir all together, with the crumbs of a roll rubbed in a cloth ſmall, lay it over the tails, put on your cover, and bake it in a ſlow oven.

To make an Artichoke pye.

Take twelve artichoke bottoms, boil them tender, boil the yolks of twelve eggs hard, then take three ounces of candied orange, lemon, and citron-peel, half a pound of raiſins ſtoned, a little grated nutmeg, a blade of mace, a quarter of a pound of ſugar ; put theſe into your pye, with half a pound of butter, obſerving to lay your ſweetmeats uppermoſt ; when it comes out of the oven, put in half a pint of cream, and as much ſack.

To make Minced pyes.

Parboil the beſt part of a neat's tongue, peel and cut it in thin ſlices, and ſet it to cool. To a pound of beef, tongue, or veal, put two pounds of beef ſuet, then chop them all together very fine ; to each pound of meat put a pound

pound of ſtoned raiſins, and a pound of currants chopped ſmall; then pound your ſpice, which muſt be cloves, mace, and nutmeg; ſeaſon it as you like with ſugar, candied orange, lemon and citron peel ſhred with two or three pippins, ſqueeze in the juice of a lemon, a large glaſs of ſack, with ſome dates ſhred ſmall, mix theſe together, then make your pyes, and when they are ſerved up ſtrew ſugar over them.

To make an Egg pye.

Take twelve eggs boiled hard, cut them in ſlices, lay them in your pye, throw half a pound of currants clean waſhed and picked, all over the eggs, then beat up four eggs well, mixed with half a pint of white wine, grate in a nutmeg and make it ſweet with ſugar. You are to mind to lay a quarter of a pound of butter between the eggs, then pour in your wine and eggs, cover the pye, and bake it half an hour.

To make an Apple pye.

Scald about a dozen apples very tender, take off the ſkin, take the core from them, and put to it twelve eggs, but ſix whites; beat them well, and take the crumbs of a penny loaf and nutmeg grated, ſugar it to your taſte, and put a quarter of a pound of butter in, melted; mix all together in the diſh, and take care your oven is not too hot.

To make a Cherry pye.

Make a good cruſt, lay a little round the ſides of your diſh, throw ſugar at the bottom, and lay in your fruit and ſugar at top. A few red currants does well with them; put on your lid, and bake it in a ſlack oven.

Make a plumb and gooſeberry pye the ſame way. If you would have it red, let it ſtand a while in the oven, after the bread is drawn. A cuſtard is very good with the gooſeberry pye.

To make Lent Mince pyes

Take ſix eggs boiled hard and chopped fine, twelve pippins pared and chopped ſmall, a pound of raiſins ſtoned and chopped fine, a pound of currants pitked clean, a ſpoonful of ſugar beat fine two ounces of citron and candied orange, both cut fine, a quarter of an ounce of mace and cloves, and

a nutmeg beat fine, mix all together with a gill of brandy, and a gill of ſack. When you make the pye, ſqueeze in the juice of a ſeville orange, and a glaſs of red wine.

A good cruſt for great pyes.

Take a peck of flour add the yolks of three eggs, then boil ſome water, put in half a pound of fried ſuet, and a pound and a half of butter. Skim of the butter and ſuet, and as much of the liquor as will make it a light good cruſt; work it up well, and roll it out.

A ſtanding cruſt for great pyes.

Take a peck of flour, and ſix pounds of butter boiled in a gallon of water; ſkim it off into the flour, and as little of the liquor as you can, work it well up into a paſte, then pull it into pieces till it is cold, and make it up into what form you will have it. This is fit for the walls of a gooſe pye.

A cold cruſt.

To three pounds of flour, rub in a pound and a half of butter, break in two eggs, and make it up with cold water.

A dripping cruſt.

Take a pound and a half of beef-dripping, boil it in water, ſtrain it, let it ſtand to be cold, and take off the hard fat, ſcrape it, boil it four or five times, then work it well up into three pounds of flour, as fine as you can, and make it up into paſte with cold water.

TARTS.

To make all ſorts of Tarts.

IF you bake in tin-patties, butter them, and you muſt put a little cruſt all over, becauſe of the taking them out; if in china or glaſs no cruſt but the top one. Lay fine ſugar at the bottom, then your fruit and ſugar at top; then put on your lid, and bake them in a ſlack oven. Apple, Pear, Apricot, &c. make thus; apples or pears, pare them, cut them in quarters, and core them; cut the quarters acroſs again, ſet them on in a ſauce-pan, with juſt as much water as will cover them, let them ſimmer on a ſlow fire till the fruit is tender, put a good piece of lemon-peel in the water

with

with the fruit, then have your patties ready; lay ſugar at bottom, then your fruit, and a little ſugar at top; pour over each tart a tea ſpoonful of lemon-juice, and three tea ſpoonfuls of the liquor they were boiled in; put on your lid, and bake them in a ſlack oven. Do not uſe lemons to apricots.

As to preſerved tarts, only lay in your preſerved fruit, and put a thin cruſt at top, and let them be baked as little as poſſible; but if you would make them very nice, have a large patty, the ſize you would have a tart. Make your ſugar cruſt, roll it as thin as a halfpenny, then butter your patties and cover it; ſhape your upper cruſt on a hollow thing on purpoſe, the ſize of your patty, and mark it with an iron for that purpoſe, in what ſhape you pleaſe, to be hollow and open to ſee the fruit through, then bake it criſp; when the cruſt is cold, very carefully take it out, and fill it with what ſort of fruit you pleaſe, then lay on the lid, and it is done.

A ſhort paſte for Tarts.

Rub a pound of wheat flour, and three quarters of a pound of butter together, put two or three ſpoonfuls of loaf ſugar to it, beat and ſifted, the yolks of four eggs beat very well, put to them a ſpoonful or two of roſe-water, and work them all together into a paſte, then roll it thin, ice them over, and bake in a ſlow oven.

Another paſte for Tarts.

Half a pound of butter, half a pound of flour, and half a pound of ſugar; mix it well together, beat it, and roll it out thin.

Puff-paſte.

Take a quarter of a peck of flour, rub fine half a pound of butter, a little ſalt, make it up into a light paſte with cold water, juſt ſtiff enough to work it well up; then roll it out, and ſtick pieces of butter all over, and ſtrew a little flour; roll it up and roll it out again; and ſo do nine or ten times, till you have rolled in a pound and a half of butter. This cruſt is meſtly uſed for all ſorts of pyes.

Paſt

Paſte for crackling cruſt.

Blanch four handfuls of Almonds, put them in water, dry them in a cloth, and pound them in a mortar very fine, with a little orange-flour water, and the white of an egg; when they are well pounded, paſs them through a coarſe hair-ſieve, to clear them from lumps; then ſpread it on a diſh till it is very pliable, let it ſtand a while, then roll out a piece of the under cruſt, and dry it on the pye-pan in the oven, while other paſty-works are making; as knots, cyphers, &c. for garniſhing your pyes.

PUDDINGS.

Rules to be obſerved in making PUDDINGS

FOR boiled puddings, always take care the bag is clean, and dipped in hot water and then well floured. If a batter-pudding, tie it cloſe, if a bread pudding, tie it looſe; and be ſure the water boils before you put the puddings in; and you ſhould move your puddings in the pot for fear they ſhould ſtick. When you make a batter-pudding, the beſt way is to ſtrain it through a coarſe hair ſieve, that it may neither have lumps nor treads of the eggs; and in all other puddings, ſtrain the eggs when they are beat. If you boil them in bowls or china-diſhes, butter the inſide before you put in the batter; and for all baſted puddings, butter the pan or diſh before the pudding is put in.

To make excellent Black puddings.

Take a quart of hog's blood, a quart of cream, ten eggs, beaten well together, ſtir them very well, and thicken it with oatmeal finely beaten and grated bread, beef ſuet finely ſhred, and marrow in little lumps; ſeaſon it with a little nutmeg, cloves, and mace, mixed with ſalt, lemon, ſweet-marjoram, penny-royal, and thyme, ſhred very well together, and mixed with others, when all is well mixed, fill the guts, being well cleanſed, and boil them carefully.

To make a Marrow pudding.

Boil a pint of cream, and the marrow of two bones, except a few bits to lay on the top, then ſlice a penny loaf into

into it, when it is cold, put to it half a pound of blanched almonds beaten fine, with two ſpoonfuls of roſe-water, the yolks of ſix eggs, a glaſs of ſack, a little ſalt, ſix ounces of candied citron and lemon ſliced thin; mix all theſe together, then lay on the bits of marrow, bake and ſerve it; you may add half a pound of currants. When you boil cream, take care to ſtir it all the time.

To make a very fine pudding.

Take a pint of boiled cream, put to it a little nutmeg and mace; then take the crumbs of two french rolls and put into the cream, then take the yolks of ſix eggs, and twenty almonds beaten ſmall, and half a pound of marrow; mingle all together, and ſeaſon it with a little ſugar and ſalt, then ſend it to the oven.

To make a very good Plumb pudding.

Take a quart of milk, twelve ounces of currants, the like quantity of raiſins of the ſun ſtoned, a pound and a half of ſuet choped ſmall, eight eggs and four whites, half a nutmeg grated, a little beaten ginger, a ſpoonful of brandy, a few ſweetmeats, and mixed up very ſtiff with flour. You may bake or boil it.

To make a Light pudding.

Put ſome cinnamon, mace and nutmeg, into a pint of cream, and boil it; then take out the ſpice; take the yolks of eight eggs, and four of the whites, beat them well with ſome ſack, then mix them with the cream, with a little ſalt and ſugar, and take a halfpenny white loaf, and a ſpoonful of flour, and a little roſe-water; beat all well together, and wet a thick cloth, and flour it, then put your pudding into it, tie it up, and let it boil an hour. Melt ſome butter, ſack, and ſugar, and pour over it.

For making a Bread pudding.

Put a quarter of a pound of butter into a pint of cream, ſet it on the fire; and keep ſtirring it, when the butter is melted, putin as much grated bread as will make it very light, ſome grated nutmeg, and a little ſugar, four eggs and a little ſalt; mix all well together, butter the diſh, put it in, and bake it half an hour.

To

To make an Apple pudding.

Scald ſix or eight codlings, take out the cores, cut them in pieces, put in ſome cinnamon, and ſugar, and roll them into a fine paſte, tie it up in a clean cloth, and boil it about an hour; then pour into it ſome cream, and ſerve it up.

To make a Rice pudding.

Take half a pound of rice, with three pints of new milk, boil it well, when it is almoſt cold, put to it eight eggs well beaten, and but half the whites, with half a pound of butter, and as much ſugar; and ſome nutmeg or mace. It will take about half an hour to bake it.

For making a cheap baked Rice pudding.

Take a quarter of a pound of rice, boil it in a quart of new Milk, ſtir it that it does not burn, when it is thick, take it off, let it ſtand till it is cool, then ſtir in a quarter of a pound of butter, and ſugar to your palate; grate a ſmall nutmeg, butter your diſh, pour it in, and bake it.

To make a Batter pudding.

Take ſix eggs, a pint of milk, and four ſpoonfuls of flour, put in a little ſalt, and half a grated nutmeg; you muſt take care that your pudding is not too thick, flour your cloth well. Three quarters of an hour will boil it. Serve it with butter, ſugar, and a little ſack.

To make a Quaking pudding.

Beat eight eggs very well, put to them three ſpoonfuls of fine wheat flour, a pint and a half of cream, a little ſalt, and boil it with a ſtick of cinnamon, and a blade of mace; when it is cold, mix it, butter your cloth, but do not give it over much room in the cloth. About an hour will boil it. You muſt turn it in the boiling or the flour will ſettle; ſerve it up with melted butter.

To make a Gooſeberry pudding.

Pick, coddle, bruiſe, and rub a quart of green gooſeberries through an hair ſieve to take out the pulp, take ſix ſpoonfuls of the pulp, ſix eggs, half a pound of clarified butter, three quarters of a pound of ſugar, ſome lemon peel ſhred fine, a handful of bread crumbs, one ſpoonful of roſe-water; mix theſe well together, and bake it with paſte round the diſh. You may add ſweetmeats.

To

To make a Cuſtard pudding.

Beat ſix eggs in a pint of cream, with two ſpoonfuls of flour, half a nutmeg grated, a little ſalt and ſugar to your taſte; butter a cloth and put it in when the pot boils. Boil it half an hour.

To make a Plain pudding.

You muſt ſcald your milk and put in as much grated bread as ſuet, and put your milk to it; then cover it a quarter of an hour, ſeaſon it with nutmeg and ginger, and one ſpoonful of ſugar; mix it well with the flour, and boil it two hours.

To make a Carrot pudding.

Grate two carrots, put in a pint of cream, eight eggs, ſome ſugar, ſack, ſalt, and nutmeg, and four ounces of melted butter; mix this well, and cut ſome candied orange and lemon-peel and put in, ſo bake or boil it.

To make a Steak pudding.

Make a good cruſt, with ſuet ſhred fine with flour, and mix it up with cold water. Seaſon it with a little ſalt, and make a pretty ſtiff cruſt, about two pounds of ſuet to a quarter of a peck of flour. Let your ſteaks be either beef or mutton, well ſeaſoned with pepper and ſalt, make it up as you do an apple pudding, tie it in a cloth, and put it in to the water boiling. If it be a large pudding, it will take five hours; if a ſmall one, three hours. This is the beſt cruſt for an apple-pudding. Pigeons eat well this way.

To make a ground Rice pudding.

Take half a pound of ground rice, half creed it in a quart of milk, when it is cold put to it five eggs well beat, a jill of cream, a little lemon-peel ſhred fine, half a nutmeg grated, half a pound of butter, and half a pound of ſugar; mix all well together, put them into your diſh with a little ſalt, and bake it with a puff-paſte round your diſh; have a little roſe-water, butter and ſugar to pour over it. You may prick in it candied lemon or citron, if you chuſe.

Half of the above quantity will make a pudding for a ſide-diſh.

To make a Hunting pudding.

Take half a pound of fine flour, a pound of beef-ſuet ſhred fine, three quarters of a pound of currants well clean'd, a quartern of raiſins ſtoned and ſhred, five eggs, a little lemon peel ſhred fine, half a nutmeg grated, a jill of cream, a little ſalt, about two ſpoonfuls of ſugar, and a little brandy; mix all well together, and tie it up in a cloth; it will take two hours boiling. You muſt have a little white wine and butter for ſauce.

To make an Oxford pudding.

Take a quarter of a pound of biſcuit grated, a quartern of currants cleaned, a quarter of a pound of ſuet ſhred ſmall, half a ſpoonful of fine ſugar, a very little ſalt, and ſome grated nutmeg; mix all well together, then take the yolks of two eggs, and make it up in balls as big as a turkey's egg. Fry them in freſh butter of a light brown; for ſauce have melted butter and ſugar, with a little ſack or white wine. You muſt keep the pan ſhaking about, that they may be all of a fine light brown.

To make a Sagoe pudding.

Let half a pound of ſagoe be waſhed well in three or four waters, then put to it a quart of new milk, and boil it till it is thick, ſtir it carefully, (for it is apt to burn) put in a ſtick of cinnamon, when it is boiled take it out; before you pour it out, ſtir in half a pound of freſh butter, then pour it into a pan, and beat up nine eggs, with five of the whites and four ſpoonfuls of ſack; ſtir all together, and ſweeten to your taſte. Put in a quarter of a pound of currants clean waſhed and rubbed, and juſt plump'd in two ſpoonfuls of ſack, and two of roſe-water; mix all together, lay a puff-paſte over the diſh, pour in the ingredients and bake it.

To make a Potatoe padding.

Boil your large potatoes as you would do for eating, beat them with a little roſe water, and a glaſs of ſack, put to them half a pound of melted butter, the like quantity of currants well cleaned, a little ſhred lemon-peel and candied orange; mix all together, bake and ſerve it up.

To make a Yorkſhire pudding.

Take a quart of milk, four eggs, and a little ſalt, make it up into a thick batter with flour, have a good piece of meat at the fire, take a ſtew-pan and put ſome drippings in, ſet it on the fire, when it boils, pour in your pudding, let it bake on the fire till it is near enough, then turn a plate upſide down in the dripping-pan, that the dripping may not be blacked; ſet your ſtew-pan on it under your meat, and let the dripping drop on the pudding, and the heat of the fire come to it, to make it a fine brown. When your meat is done and ſent to table, drain all the fat from the pudding, and ſet it on the fire to dry a little; then ſlide it as dry as you can into a diſh, melt ſome butter, and pour it into a cup, and ſet it in the middle of the pudding. It is an excellent good pudding; the gravy eats well with it.

To make a Calf's Foot pudding.

Take a pound of calves feet minced fine, the fat and the brown to be taken out, a pound and a half of ſuet, pick of the ſkin and ſhred it ſmall, ſix eggs, but half the whites, beat them well, the crumb of a halfpenny roll grated, a pound of currants cleaned, milk as much as will moiſten it with the eggs, a handful of flour, a little ſalt, nutmeg, and ſugar, to ſeaſon it to your taſte; boil it nine hours with your meat; when it is done, lay it in your diſh, and pour melted butter over it. It is good with white wine and ſugar in the butter.

A boiled Suet pudding

Take a quart of milk, a pound of ſuet ſhred ſmall, four eggs, two ſpoonfuls of beaten ginger, or one of beaten pepper, a tea-ſpoonful of ſalt; mix the eggs and flour with a pint of the milk very thick, and with the ſeaſoning mix in the reſt of the milk and the ſuet; let your batter be very thick, and boil it two hours.

To make an Herb pudding.

Take a good quantity of ſpinage and parſley, a little ſorel and mild thyme, put to them a handful of great oatmeal creed, ſhred them very ſmall, put to them a pound of currants cleaned, four eggs well beaten in a jill of good cream;

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if you would have it ſweet, put in a quartern of ſugar, a little nutmeg and ſalt, a handful of grated bread, then flour your cloth and tie it cloſe before you put it in to boil. It will take as much boiling as a piece of beef.

To make a flour haſty pudding.

Take a quart of milk, and four bay-leaves, ſet it on the fire to boil, beat the yolks of two eggs, and ſtir in a little ſalt; take two or three ſpoonfuls of milk, and beat up with your eggs, and ſtir in your milk, then with a wooden ſpoon in one hand, and the flour in the other, ſtir it in till it is thick; let it boil and keep it ſtirring, then pour it into a diſh, and ſtick pieces of butter here and there: You may omit the eggs if you don't like it, but it is a great addition to the pudding, and a little butter in the milk makes it eat ſhort and fine. Take out the bay-leaves before you put in the flour.

To make an oatmeal haſty pudding.

Take a quart of water, ſet it on to boil, put into it a piece of butter, and ſome ſalt; when it boils ſtir in the oatmeal as you do the flour, till it is of a good thickneſs let it boil a few minutes, pour it on your diſh, and ſtick pieces of butter in it; or eat with wine and ſugar, or cream, or new milk.

To make a peaſe pudding.

Boil it till it is quite tender, then take it up, untie it, ſtir in a good piece of butter, a little ſalt, and a good deal of beaten pepper, then tie it up again, boil it an hour longer and it will eat fine.

To make a fine haſty pudding.

Break an egg into fine flour, and with your hand work up as much as you can into as ſtiff a paſte as poſſible, then mince it as ſmall as if it were to be ſifted; then boil a quart of milk, and put it in the paſte and put in a little ſalt, a little beaten cinnamon, and ſugar, a piece of butter as big as a walnut, and ſtirring all one way; when it is thick ſtir in ſuch another piece of butter, then pour it into your diſh, and ſtick pieces of butter here and there. Serve it hot.

To make an ordinary bread pudding.

Take two halfpenny rolls, ſlice them thin, cruſt and all, pour over them a pint of new milk hot, cover them cloſe, let it ſtand ſome hours to ſoak, then beat it well with a little melted butter, and beat two eggs with it, beat all together with a little ſalt, and boil it half an hour; when it is done turn it into your diſh, pour melted butter and ſugar over it; if your rolls are ſtale and grated they will do better; add a little ginger. You may bake it with a few currants.

To make firmity.

Take a quart of ready boiled wheat, two quarts of milk, a quarter of a pound of currants clean picked and waſhed; ſtir theſe together and boil them, beat up the yolks of three or four eggs, a little nutmeg, and add two or three ſpoonfuls of milk to the wheat, ſtir all together for a few minutes, ſweeten to your palate, and ſend it to table.

To make plumb porridge, or barley gruel.

Take a gallon of water, half a pound of barley, half a pound of raiſins and currants clean waſhed and picked, boil theſe till above half the water is waſted, with two or three blades of mace, then ſweeten it, and add half a pint of wine.

To make a ſack poſſet.

Take a quart of new milk, four Naples biſcuits crumbled, and when the milk boils throw them in; juſt give it a boil, take it off, grate in ſome nutmeg, and ſweeten to your palate; then pour in half a pint of ſack, ſtirring it all the time, and ſerve it up.

To make fine ſauſages.

You muſt take ſix pounds of good pork, free from ſkin, griſtles, and fat, cut it very ſmall, and beat it in a mortar till it is very fine; then ſhred ſix pounds of beef-ſuet very fine and free from all ſkin. Shred it as fine as poſſible; then take a good deal of ſage, waſh it very clean, pick off the leaves, and ſhred it very fine. Spread your meat on a clean dreſſer or table; then ſhake the ſage all over, about three large ſpoonfuls; ſhred the thin rind of a middling lemon very fine and through over, with as many ſweet-herbs, when ſhred

ſhred fine, as will fill a large ſpoon; grate two nutmegs over, throw over two tea-ſpoonfuls of pepper, a large ſpoonful of ſalt, then throw over the ſuet, and mix it all well together. Put it down cloſe in a pot; when you uſe them, roll them up with as much egg as will make them roll ſmooth. Make them the ſize of a ſauſage, and fry them in butter or good dripping. Be ſure it be hot before you put them in, and keep rolling them about. When they are thorough hot and of a fine light brown, they are enough. You may chop this meat very fine, if you don't like it beat. Veal eats well done thus, or veal and pork together. You may clean ſome guts, and fill them.

To make common ſauſages.

Take three pounds of nice pork, fat and lean together, without ſkin or griſtles, chop it as fine as poſſible, ſeaſon it with a tea-ſpoonful of beaten pepper, and two of ſalt, ſome ſage ſhred fine, about three-ſpoonfuls; mix it well together, have the guts very nicely cleaned and fill them, or put them down in a pot, ſo roll them of what ſize you pleaſe, and fry them. Beef makes very good ſauſages.

To make Bologna ſauſages.

Take a pound of bacon, fat and lean together, a pound of pork, a pound of beef ſuet, cut them ſmall and chop them fine, take a ſmall handful of ſage, pick off the leaves, chop it fine, with a few ſweet herbs; ſeaſon pritty high with pepper and ſalt. You muſt have a large gut, and fill it, then ſet on a ſauce-pan of water, when it boils put it in and prick the gut for fear of burſting. Boil it ſoftly an hour, then lay it on clean ſtraw to dry.

DUMPLINGS.

To make ſuet dumplings.

TAKE a pint of milk, four eggs, a pound of ſuet, a pound of currants, two tea-ſpoonfuls of ſalt, and three of ginger; firſt take half the milk, and mix it like a thick batter, then put in the eggs, and the ſalt and ginger, then the reſt of the milk by degrees, with the ſuet and currants, and

and flour to make it like a light paſte ; when the water boils make them in rolls as big as a turkey's egg, with a little flour ; then flat them, throw them into boiling water, and move them ſoftly, that they don't ſtick together, keep the water boiling all the time, and half an hour will boil them.

To make yeaſt dumplings.

Firſt make a light dough as for bread, with flour, water, ſalt and yeaſt, cover it with a cloth, and ſet it before the fire for half an hour, then have a ſauce-pan of water on the fire, and when it boils take the dough and make it into round balls ; flat them with your hand, and put them in the water, ten minutes boils them ; take great care they don't fall to the bottom, for they will be heavy ; and be ſure to keep the water boiling all the time ; when they are enough take them up, lay them in your diſh, and have melted butter in a cup.

To make hard dumplings.

Rub into your flour a good piece of butter, then make it like a cruſt for a pye ; make them up, have the water boiling, throw them in, and half an hour will boil them. They are beſt boiled with a piece of beef. Have butter, in a cup.

To make hard dumplings another way.

Mix flour and water with ſome ſalt, like a paſte, roll them in balls, as big as a turkey's egg, roll them in a little flour, and boil them as before.

To make Norfolk dumplings.

Mix a good thick batter, as for pancakes ; take half a pint of milk, two eggs, a little ſalt, and make it into a batter with flour ; have ready a clean ſauce-pan of water boiling, into which drop this batter ; be ſure the water boils faſt, and two or three minutes will boil them ; then throw them into a ſieve to drain, turn them into a diſh and ſtir a lump of freſh butter in them ; eat them hot, and they are very good.

To make apple dumplings.

Make a good puff-paſte, pare ſome large apples, cut them in quarters, and take out the cores very nicely, take a piece

piece of cruſt and roll it round enough for one apple; if they are big they will not look pretty, ſo roll the cruſt round each apple, and make them round like a ball, with a little flour in your hand; have a pot of water boiling, take a clean cloth, dip it in the water, and ſhake flour over it; tie each dumpling by itſelf, and put in the water boiling, which keep boiling all the time; and if your cruſt is light and good, and the apples are not large, half an hour will boil them; but if the apples be large, they will take an hour boiling; when they are enough, take them up, lay them in a diſh, throw fine ſugar all over them, and ſend them to table. Have good freſh butter melted in a cup and fine ſugar in a ſaucer.

To make a bread and butter pudding.

Get a penny loaf and cut it in thin ſlices of bread and butter, as you do for tea. Butter your diſh as you cut them, lay ſlices all over the diſh, then ſtrew a few currants clean waſhed and picked, then a row of bread and butter, then a few currants, and ſo on till your bread and butter is in; then take a pint of milk, beat up four eggs a little ſalt, half a nutmeg grated, mix all together with ſugar to your taſte; pour this over the bread, and bake it half an hour. A puff-paſte under does beſt. You may put in two ſpoonfuls of roſe-water.

To make a cheap rice pudding.

Get a quarter of a pound of rice and half a pound of raiſins ſtoned, and tie them in a cloth. Give the rice a great deal of room to ſwell. Boil it two hours; when it is enough turn it into your diſh, and pour melted butter and ſugar over it, with a little nutmeg.

To make a cheap plain rice pudding.

Get a quarter of a pound of rice, tie it in a cloth, but give it room for ſwelling. Boil it an hour, then take it up, untie it, and with a ſpoon ſtir in a quarter of a pound of butter, grate ſome nutmeg and ſweeten to your taſte, then tie it up cloſe and boil in another hour; then take it up, turn it into your diſh, and pour melted butter over it.

To make a Cheap rice pudding.

You muſt take a quarter of a pound of rice, boil it in a quart of new milk, ſtir it that it does not burn; when it begins to be thick, take it off, let it ſtand till it is a little cool, then ſtir in well a qurater of a pound of butter, and ſugar to your palate; grate a ſmall nutmeg, butter your diſh, pour it in, and bake it.

To make a cream pudding.

Take a quart of cream, boil it with a blade of mace, and half a nutmeg, grated, let it cool, beat up eight eggs, and three whites, ſtrain them well, mix a ſpoonful of flour with them, a quarter of a pound of almonds blanched, and beat very fine, with a ſpoonful of orange-flower, or roſe-water, mix with the eggs, then by degrees mix in the cream, beat all well together, take a thick cloth, wet it and flour it well, pour in your ſtuff, tie it cloſe, and boil it half an hour. Let the water boil all the time faſt; when it is done, turn it into your diſh, pour melted butter over, with a little ſack, and throw fine ſugar all over it.

To make an apple pudding.

Make a good puff-paſte, roll it out half an inch thick, pare your apples, and core them, enough to fill the cruſt and cloſe it up, tie it in a cloth and boil it. If a ſmall pudding, two hours: if a large one, three or four hours. When it is enough turn it into your diſh, cut a piece of cruſt out of the top, butter and ſugar it to your palate; lay on the cruſt again, and ſend it to table hot. A pear pudding make the ſame way. And thus you may make a damſin pudding, or any ſort of plums, apricots, cherries, or mulberries, and are very fine.

To make a prune pudding.

Take a quart of milk, beat ſix eggs, half the whites, with half a pint of the milk and four ſpoonfuls of flour, a little ſalt and two ſpoonfuls of beaten ginger; then by degrees mix in all the milk, and a pound of prunes, tie it in a cloth, boil it an hour, melt butter and pour over it. Damſins eat well done this way in room of prunes.

Directions for making BROTHS, SOOPS, GRAVYS, &c.

BROTHS.

THE beſt method of boiling broths is over a ſtove, and let it be uncovered, for the cover being on, cauſes it to boil black.

To make broths for ſoops or gravy.

Chop a leg of beef to pieces, ſet it on the fire in about four gallons of water, ſcum it very clean, ſeaſon it with white pepper, a few cloves, and a bunch of ſweet herbs; boil it till two thirds is waſted, then ſeaſon it with ſalt; let it boil a little while longer, then you may ſtrain it off, and keep it for uſe.

Mutton broth.

Boil the ſcrag-end of a joint of mutton, in about four quarts of water, then put in an onion, a bunch of ſweet herbs, and a cruſt of bread. Boil it an hour, then put in the other part of the neck; after that ſome dried marigolds, turnips, chives and parſley chopped ſmall; put theſe in about ten minutes before your broth is enough. Seaſon it with ſalt, thickened with oatmeal, ſome thicken with rice, and others with bread.

Beef broth.

Crack the bone of a leg of beef in two or three parts, put in two blades of mace, a cruſt of bread, ſalt, and a bunch of parſley. Boil it till the beef and ſinews are tender; cut ſome toaſted bread in ſquare pieces, and lay it in your diſh. Lay in the meat, and pour the ſoop over it.

Scotch barley broth.

Take a leg of beef, chop it all to pieces, boil it in three gallons of water, with a piece of carrot and a cruſt of bread, till it is half boiled away; then ſtrain it off, and put it into the pot again with half a pound of barley, four or five heads of cellery waſhed clean and cut ſmall, a large onion, a bundle of ſweet herbs, a little parſley chopped ſmall, and a few mari-

marigolds; let this boil an hour. Take a cock or large fowl, clean picked and washed, and put into the pot; boil it till the broth is very good, then season with salt, and send it to table, with the fowl in the middle. This broth is very good without the fowl. Take out the onions and sweet herbs, before you send it to table.—Some make this broth with a sheep's head, instead of a leg of beef, and it is very good; but you must chop the head all to pieces. The thick flank about six pounds to six quarts of water) makes good broth.

Jelly Broth for consumptive persons.

Take a joint of mutton, a capon, a fillet of veal, and five quarts of water, boil them over a gentle fire till one half be consumed; then squeeze all together, and strain the liquor through a linen cloth

To make an eel soop.

Take an eel according to the quantity of soop you would make: a pound of eels will make a pint of good soop; so to every pound of eels put a quart of water, a crust of bread, two or three blades of mace, a little whole pepper, an onion and a bundle of sweet-herbs; cover them close, and let them boil till half the liquor is wasted; then strain it, and toast some bread, and cut it small, lay the bread in the dish, and pour in your soop. If you have a stew-hole, set the dish over it for a minute, and send it to table. If you find your soop not rich enough, you must let it boil till it is as strong as you would have it You may make this soop as rich and as good as if it was meat: add a piece of carrot to brown it.

To make a muscel soop.

Get a hundred of muscels, wash them very clean, put them into a stew-pan, cover them close: let them stew till they open, then pick them out of the shells, strain the liquor through a fine lawn sieve to your muscels, and pick the beard or crab out, if any.

To make chicken broth.

You must take an old cock or large fowl, slash it; then pick off all the fat, and break it all to pieces with a rolling-pin; put it into two quarts of water, with a good crust of bread, and a blade of mace; let it boil softly till it is as good as you would have it. If you do it as it should be done,

done, it will take five or ſix hours doing; pour it off, then put a quart more of boiling water, and cover it cloſe. Let it boil ſoftly till it is good, and ſtrain it off. Seaſon it with a very little ſalt. When you boil a chicken ſave the liquor, when the meat is enough, take bones and break them and put to the liquor you boiled the chicken in, with a blade of mace, and a cruſt of bread. Let it boil well, then ſtrain it off.

To make plumb porridge for Chriſtmas.

Take a leg and ſhin of beef, put them into eight gallons of water, and boil them till they are very tender, and when the broth is ſtrong ſtrain it out; wipe the pot and put in the broth again; then ſlice ſix penny loaves thin, cut off the bottom, put ſome of the liquor to it, cover it up and let it ſtand a quarter of an hour, boil it and ſtrain it, and then put it into your pot. Let it boil a quarter of an hour, then put in five pounds of currants clean waſhed and picked; let them boil a little, and put in five pounds of raiſins of the ſun ſtoned, and two pounds of prunes, and let them boil till they ſwell; then put in three quarters of an ounce of mace, half an ounce of cloves, two nutmegs, all of them beat fine, and mix it with a little liquor cold, and put them in a very little while, and take off the pot; then put in three pounds of ſugar, a little ſalt, a quart of ſack, a quart of claret, and the juice of two or three lemons. You may thicken with ſago inſtead of bread, if you pleaſe; pour them into earthen pans, and keep them for uſe. You muſt boil two pounds of prunes in a quart of water till they are tender, and ſtrain them into the pot, when it boils.

To make a green peaſe ſoop.

Take a ſmall knuckle of veal, about three or four pounds, chop it all to pieces, ſet it on the fire in ſix quarts of water, a little piece of lean bacon, about half a pound ſteeped in vinegar an hour, four or five blades of mace, three or four cloves, twelve pepper-corns of black pepper, twelve of white, a little bundle of ſweet herbs and parſley, a little piece of upper cruſt of bread toaſted criſp; cover it cloſe, and let it boil ſoftly over a ſlow fire till half is waſted; then

ſtrain

ſtrain it off, and put to it a pint of green peas and a lettuce cut ſmall, four heads of celery cut very ſmall, and waſhed clean; cover it cloſe, and let it ſtew very ſoftly over a ſlow fire two hours; in the mean time boil a pint of old peas in a pint of water very tender, and ſtrain them well thro' a coarſe hair ſieve, and all the pulp, then pour it into the ſoop, and let it boil together. Seaſon with ſalt to your palate, but not too much. Fry a French roll criſp, put it into your diſh, and pour your ſoop in. Be ſure there be full two quarts.

Mutton gravy will do if you have no veal, or ſhin of beef chopped to pieces. A few aſparagus tops is very good in it.

To make a white peas ſoop.

Take about three pounds of a thick flank of beef, or any lean part of the leg chopped to pieces; ſet on the fire in three gallons of water, about half a pound of bacon, a ſmall bundle of ſweet herbs, a good deal of dried mint, and thirty or forty corns of pepper; take a bunch of celery, waſh it very clean, put in the green tops, and a quart of ſplit peas, cover it cloſe, and let it boil till two parts is waſted; then ſtrain it off, and put it in a clean ſauce-pan, five or ſix heads of celery cut ſmall and waſhed clean, cover it cloſe and let it boil till there is about three quarts; then cut ſome fat and lean bacon in dice, ſome bread in dice, and fry them juſt criſp; throw them into your diſh, ſeaſon your ſoop with ſalt and pour it into your diſh, rub a little dried mint over it, and ſend it to table. You may add force-meat balls fried, cocks combs boiled in it, and an ox's palate ſtewed tender and cut ſmall. Stewed ſpinach well drained, and laid round the diſh is very pretty.

Another way to make it.

When you boil a leg of pork, or a good piece of beef, ſave the liquor. When it is cold take off the fat; the next day boil a leg of mutton, ſave the liquor, and when it is cold take off the fat, ſet it on the fire with two quarts of peas. Let them boil till they are tender, then put in the pork or beef liquor, with the ingredients as above, and let it boil till it is thick as you would have it, allowing for the boiling

boiling again; then ſtrain it off, and add the ingredients as above. You may make your ſoop of veal or mutton gravy if you pleaſe, that is according to your fancy.

To make beef broth.

Take a leg of beef, crack the bone in two or three parts, waſh it clean, put it into a pot with a gallon of water, ſkim it well, then put in two or three blades of mace, a little bundle of parſley, and a good cruſt of bread. Let it boil till the beef is quite tender, and the ſinews. Toaſt ſome bread and cut in dice, and lay it in your diſh; lay in the meat, and pour the ſoop in.

To make pocket ſoop.

Take a leg of veal, ſtrip off all the ſkin and fat, then take all the muſcular or fleſhy parts clean from the bone. Boil this fleſh in three or four gallons of water till it comes to a ſtrong jelly, and that the meat is good for nothing. Be ſure to keep the pot cloſe covered, and not do too faſt; take a little out in a ſpoon now and then, and when you find it is a good rich jelly, ſtrain it through a ſieve into a clean earthen pan. When it is cold, take off all the ſkin and fat from the top, then provide a large deep ſtew-pan with water boiling over a ſtove, then take ſome deep china-cups, or well glazed earthen-ware, and fill theſe cups with the jelly, which you muſt take clear from the ſettlings at the bottom, and ſet them in the ſtew-pan of water. Take great care that none of the water gets into the cups; if it does, it will ſpoil it. Keep the water boiling gently all the time till the jelly becomes as thick as glue, take them out and let them ſtand to cool, and then turn the glue out into ſome new coarſe flannel, which draws out all the moiſture, turn them in ſix or eight hours on freſh flannel, and ſo do till they are quite dry. Keep it in a dry warm place, and in a little time it will be like a dry hard piece of glue, which you may carry in your pocket without getting any harm. The beſt way is to put it into little tin boxes. When you uſe it, boil about a pint of water, and pour it on a piece of glue about as big as a ſmall walnut, ſtirring it all the time till it is melted. Seaſon with ſalt to your palate; and if you

you chuſe any herbs, or ſpice, boil them in the water firſt, and then pour the water over the glue.

To make portable ſoop.

Take two legs of beef, about fifty pounds weight, take off all the ſkin and fat as well as you can, then take all the meat and ſinews clean from the bones, which meat put into a large pot, and put to it eight or nine gallons of ſoft water; firſt make it boil, then put in twelve anchovies, an ounce of mace, a quarter of an ounce of cloves, an ounce of whole pepper black and white together, ſix large onions peeled and cut in two, a little bundle of thyme, ſweet marjoram, and winter ſavoury, the dry hard cruſt of a two-penny loaf, ſtir it all together and cover it cloſe, lay a weight on the cover to keep it cloſe down, and let it boil ſoftly for eight or nine hours, then uncover it, and ſtir it together; cover it cloſe again, and let it boil till it is a very rich good jelly, which you will kown by taking a little now and then, and letting it cool. When you think it is a thick jelly, take it off, ſtrain it through a coarſe hair bag, and preſs it hard; then ſtrain it through a hair ſieve into a large earthen pan; when it is quite cold, take the ſkin and fat and take the fine jelly clear from the ſettlings at bottom, and then put the jelly into a large deep and well-tinned ſtew-pan. Set it over a ſtove with ſlow fire, keep ſtirring it often, and take great care it neither ſticks to the pan or burns. When you find the jelly very ſtiff and thick, as it will be in lumps about the pan, take it out, and put it into large deep china-cups, or well glazed earthen ware. Fill the pan two thirds full of water, and when the water boils, ſet in your cups. Be ſure no water gets into the cups, and keep the water boiling ſoftly all the time till you find the jelly is like a ſtiff glue; take out the cups and when they are cool, turn out the glue into a coarſe new flannel. Let it lay eight or nine hours, keeping it in a dry warm place, and turn it on freſh flannel till it is quite dry, and the glue will be quite hard; put it into clean new ſtone pots, keep it cloſe covered from duſt and dirt, in a dry place, and where no damp can come to it.

When

When you uſe it, pour boiling water on it, and ſtir it all time till it is melted. Seaſon it with ſalt to your palate. A piece as big as a large walnut will make a pint of water very rich; but as to that you are to make it as good as you pleaſe: if for ſoop, fry a french roll and lay it in the middle of the diſh, and when the glue is diſſolved in the water, give it a boil and pour it into the diſh. If you chuſe it for change, you may boil either rice or barley, vermicelli, celery cut ſmall, or truffles or morels; but let them be very tenderly boiled in the water before you ſtir in the glue, and then give it a boil all together. You may when you would have it very fine, add force-meat balls, cocks-combs, or a palate boiled very tender, and cut into little bits; but it will be very rich and good without any of theſe ingredients.

If for gravy, pour the boiling water to what quantity you think proper; and when it is diſſolved, add what ingredients you pleaſe, as in other ſauces. This is only in the room of rich good gravy. You may make your ſauce either weak or ſtrong, by adding more or leſs.

To make beef or mutton broth for very weak people, who take but little nouriſhment.

Take a pound of beef, or mutton, or both together: to a pound put two quarts of water, firſt ſkin the meat and take off all the fat; then cut it into little pieces, and boil it till it comes to a quarter of a pint. Seaſon it with a very little corn of ſalt, ſkim of all the fat, and give a ſpoonful of this broth at a time; and to others a tea-cup full. There is greater nouriſhment from this than any thing elſe.

To make beef drink, which his ordered for weak people.

Take a pound of lean beef; then take off all the fat and ſkin, cut it into pieces, put it into a gallon of water, with the under-cruſt of a penny-loaf, and a very little ſalt. Let it boil till it comes to two quarts; then ſtrain it off, and it is a very hearty drink.

To make pork broth.

Take two pounds of young pork; then take off the ſkin and fat, boil it in a gallon of water, with a very little corn

of

of ſalt. Let it boil till it comes to two quarts, then ſtrain it off, and let it ſtand till cold. Take off the fat, then leave the ſettling at the bottom of the pan, and drink half a pint in the morning faſting, an hour before breakfaſt, and and at noon, if the ſtomach will permit.

To boil ſego.

Put a large ſpoonful of ſego into three quarters of a pint of water, ſtir it, and boil it ſoftly till it is thick as you would have it; then put in wine and ſugar, with a little nutmeg to your palate

To boil ſalup.

It is a hard ſtone ground to powder, and generaliy ſold for one ſhilling an ounce; take a large tea-ſpoonful of the powder and put it into pint of boiling water, keep ſtirring it till it is like a fine jelly; then put wine and ſugar to your palate, and lemon, if it will agree.

Rules to be obſerved in making ſoops and broths.

Firſt take great care the pots or ſauce-pans and covers be very clean and free from all greaſe and ſand, and that they be well tinned, for fear of giving the broths and ſoops any braſſy taſte. If you have time to ſtew as ſoftly as you can, it will both have a finer flavour, and the meat will be tender. But then obſerve, when you make ſoops or broths for preſent uſe, if it is to be done ſoftly, do not put much more water than you intend to have ſoop or broth; and if you have the convenience of an earthen pan or pipkin, and ſet in wood embers till it boils, then ſkim it, and put in your ſeaſoning: cover it cloſe, and ſet it on embers, ſo that it may do very ſoftly for ſome time, and both the meats and broths will be delicious. You muſt obſerve in all broths and ſoops that one thing does not taſte more than another; but that the taſte be equal, and it has a fine agreeable reliſh, according to what you deſign it for; and you muſt be ſure, thas all the greens and herbs you put in be cleaned, waſhed, and picked.

To make peas ſoop.

Make two quarts of good broth from beef and pickled pork; take celery, turnip, onion, mint, and all ſorts of kitchen

kitchen herbs, ſtew them down tender with a piece of butter, rub all thro' a ſieve; and one pint of peas being boiled to a pulp, rub them thro' a ſieve, thining it with your broth, till all is through. Seaſon it with pepper and ſalt, and have boiled tender ſome celery and leek cut ſmall to put in the ſoop. — White peas and green peas are both done this way.—Fry ſome bread to put in it.

A gravy ſoop.

Cut a pound of mutton, a pound of veal, and a pound of beef in little pieces; put it into ſeven quarts of water with an old fowl beat to pieces, an onion, a carrot, ſome white pepper and ſalt, a little bunch of ſweet herbs, two blades of mace, a few cloves, ſome celery, cabbage, endive, turnips, and lettice; let it ſtew over a ſlow fire till half is waſted, then ſtrain it off for uſe.

To make Calf's head ſoop:

Stew a calf's head tender, then ſtrain off the liquor, and put in a bunch of ſweet herbs, onion, mace, ſome pearl barley, pepper and ſalt, boil all a ſmall time, and ſerve it up with the head in the middle boned.

Garniſh with bread toaſted brown, and grated round the rim.

To make hare ſoop.

Cut the hare in pieces, waſh it, and put it into a ſtew-pan, with a knuckle of veal, put into it a gallon of water, a little ſalt, and a handful of ſweet herbs; let it ſtew till the gravy be very good; fry a little of the hare to brown the ſoop; you may put in it ſome cruſt of white bread among the mace to thicken the ſoop; put it into a diſh, with a little ſtewed ſpinage, criſped bread, and a few forcet-meat balls. Garniſh your diſh with boiled turnips, cut in thin ſlices.

To make barley ſoop.

Take a gallon of water, half a pound of barley, a blade or two of mace, a large cruſt of bread, and a little lemon-peel; let it boil till it comes to two quarts, then add half a pint of white wine, and ſweeten to your palate.

To make veal ſoop.

Take a knuckle of veal, cut it in pieces, boil with it a pullet and half a pound of almonds beat ſmall, ſtove it well and very tender, (you may boil a chicken to lay in the middle) then ſkim it clean, and ſeaſon it with ſalt and a blade of mace, then take the yolks of four eggs and beat them up in a little cool broth, draw it thickiſh as cream, and ſerve it away hot.

To make oyſter ſoop.

Your ſtock muſt be of fiſh, then take two quarts of oyſters, ſet and beard them, take the hard part of the oyſters from the other, beat them in a mortar with ten hard yolk of eggs, put in ſome good ſtock, ſeaſon it with pepper, ſalt, and nutmeg, then thicken up your ſoop as thick as cream, put in the reſt of your oyſters, and garniſh with oyſters.

To make green peas ſoop.

Take a neck of mutton, and a knuckle of veal, make of them a little good gravy; then take half a peck of the greeneſt peas, boil and beat them to a pulp in a marble mortar; then put to them a little of the gravy, ſtrain them through a hair ſieve to take out all the pulp; put all together, with a little ſalt and whole pepper; then boil it a little, and if you think the ſoop not green enough, boil a handful of ſpinage very tender, rub it through a hair ſieve, and put into the ſoop a ſpoonful of wheat flour, to keep it from running; you muſt not let it boil after the ſpinage is put in, it will diſcolour it; then cut ſome white bread in little diamonds, fry them in butter while criſp, and put it into a diſh with creed rice, and red beet root. You may make aſparagus ſoop the ſame, only add tops of aſparagus inſtead of whole peas.

To make onion ſoop.

Take four or five large onions, peel and boil them in milk and water whilſt tender, (ſhifting them two or three times in the boiling) beat them in a marble mortar to a pulp, and rub them through a hair ſieve, and put them into a little ſweet gravy, then fry a few ſlices of bacon; beat them in a marble mortar as ſmall as forced meat; put it into

into your ſtew-pan with the gravy and onions, and boil them; mix a ſpoonful of wheat flour, with a little winter-ſavoury, and put it into the ſoop to keep it from running; ſtrain all thro' a cullendar, ſeaſon all to your taſte; then put into the diſh with a little ſpinage ſtew'd in butter, and a little criſp bread, ſo ſerve it up.

To make peas ſoop in lent.

Take a quart of peas, put them into a pot with a gallon of water, two or three large onions, ſix anchovies, a little whole pepper and ſalt; boil all together whilſt your ſoop is thick, ſtrain it into a ſtew-pan thro' your cullendar, and put ſix ounces of butter (worked in flour) into the ſoop to thicken it; alſo put in a little boiled cellery, ſtew'd ſpinage, criſp bread, and a little dry'd mint powdered; ſo ſerve it up.

A common peas ſoop in winter.

Put a quart of good boiling peas into a gallon of ſoft cold water, add thereto a little beef or mutton, and a little bacon, with an onion or two, boil all together till it is thick, ſalt it to your taſte and thicken it with wheat flour, ſtrain it through a cullendar, boil ſome cellery, cut it in pieces, with ſome criſp bread, and criſp ſome ſpinage as you would do parſley, then put it in a diſh, and garniſh with raſpings of bread.

To make rice ſoop.

Your ſtock muſt be of veal and fowl, put in half a pound of rice, a pint of good gravy and a knucle of veal, ſtove it tender, ſeaſon it with mace and ſalt, then make a rim round your diſh with heaps of rice, ſome colour'd with ſaffron, placing one heap of white and one yellow all round.

To make barley ſoop

Take a gallon of water, half a pound of barley, a blade or two of mace, a large cruſt of bread, and a little lemon peel; let it boil till it comes to two quarts, then add half a pint of white wine, and ſweeten to your palate.

To make Scotch ſoop

Take an houghill of beef, cut it in pieces, with part of a neck of mutton, and a pound of French barley; put them all into your pot, with ſix quarts of water; let it boil till the

barley is ſoft, then put in a fowl ; as its enough put in a handful of red beet leaves or brocoli, a handful of the blades of onions, a handful of ſpinage, waſhed and ſhred very ſmall ; only let them have a little boil, elſe it will ſpoil the greenneſs. Serve it up with the fowl in a diſh, and garniſh with raſpinings of bread.

To make ſoop without water.

Take a ſmall leg of mutton, cut it in ſlices, ſeaſon it with a little pepper and ſalt ; cut three middling turnpips into round pieces, and three ſmall carrots ſcraped and cut in pieces, a handful of ſpinage, a little parſley, a bunch of ſweet herbs, and two or three cabbage lettices ; cut the herbs pretty ſmall, lay a row of meat and a row of herbs, put the turnips and carrots at the bottom of the pot with an onion, lay at the top half a pound of ſweet butter, and cloſe up the pot with coarſe paſte ; then put the pot into boiling water, and let it boil four hours ; or let it ſtand in a ſlow oven all night, when it is enough drain the gravy from the meat, ſkim off the fat, then put it into your diſh, with ſome toaſts of bread, and a little ſtew'd ſpinage.

To make an almond ſoop.

Take a quart of almonds, blanch them, and beat them in a marble mortar; with the yolks of twelve hard eggs, till they are a fine paſte ; mix them by degrees with two quarts of new milk, a quart of cream, a quarter of a pound of double refined ſugar, beat fine a pennyworth of orange-flour water, ſtir all well together ; when it is well mixed, ſet it over a ſlow fire, and keep it ſtirring quick all the while, till you find it is thick enough, then pour it into your diſh, and ſend it to table. If yon don't be very careful it will curdle.

To make vermicelly ſoop.

Take a neck of beef, or any other pieces, cut off ſome ſlices and fry them with butter till they are very brown ; waſh your pan out every time with a little of the gravy ; you may broil a few ſlices of the beef upon a grid-iron : put all together into a pot, with a large onion, a little ſalt,

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and ſome whole pepper ; let it ſtew till the meat is tender, and ſkim off the fat in the boiling ; then ſtrain it into your diſh, and boil four ounces of vermicelly in a little of the gravy till it is ſoft ; add a little ſtew'd ſpinage ; then put all together into a diſh, with toaſts of bread ; laying a little vermicelly upon every toaſt, Garniſh your diſh with creed rice and boiled ſpinage, or carrots ſliced thin.

GRAVYS.

For making gravy for moſt things.

IF you live where you cannot always have gravy meat, when your meat comes from the butcher, take a piece of beef, a piece of veal, and a piece of mutton ; cut them into as ſmall pieces as you can, and take a deep ſauce-pan with a cover, lay your beef at the bottom, then your mutton, then a very little piece of bacon, a ſlice or two of carrot, ſome mace, cloves, whole pepper black and white, a large onion cut in ſlices, a handful of ſweet herbs. and then lay in your veal. Cover it cloſe over a ſlow fire for ſix or ſeven minutes, ſhaking the ſauce-pan now and then ; then ſhake ſome flour in, and have ready ſome boiling water, pour it in till you cover the meat and ſomething more ; cover it cloſe, and let it ſtew till it is quite rich and good, then ſeaſon it to your taſte with ſalt, and ſtrain it off.

To make good gravy.

Lay ſome ſlices of ham or bacon at the bottom, of your gravy ; put in ſome pieces of beef pretty thick, then lay on ſlices of onion and cellery, or leeks, and a little parſley and thyme ; ſtove it gently till it comes to a brown, then put in ſome good broth, and you may have it what colour you pleaſe. Strain it off for uſe.

Gravy for white ſauce.

Cut a pound of veal into ſmall pieces, boil it in about a quart of water, with a blade of mace, an onion, ſome white pepper, and two cloves ; let it boil till it is of a proper ſtrength.

Gravy for fowl, turkey, or ragoo.

Take a pound of lean beef, cut and hack it well, then flour it well, put a piece of butter about as big as a hen's egg in a ſtew-pan; when it is melted put in your beef, fry it on all ſides a little brown, then pour in three pints of boiling water, and a bundle of ſweet herbs, two or three blades of mace, three or four cloves, twelve whole pepper-corns, a little bit of carrot, a little piece of cruſt of bread toaſted brown; cover it cloſe, and let it boil till there is about a pint or leſs; then ſeaſon it with ſalt, and ſtrain it off.

To make good and cheap gravy.

Take twelve penny-worth of coarſe lean beef, cut it in pieces, flour it well, take a quarter of a pound of good butter, put it into a little pot or large deep ſtew-pan, and put in your beef; keep ſtirring it, and when it looks a little brown, pour in a pint of boiling water, ſtir it all together, put in a large onion, a bundle of ſweet herbs, two or three blades of mace, ſix cloves, a ſpoonful of whole pepper, a cruſt of bread toaſted, and a bit of carrot, then pour in a gallon of water, ſtir all together, cover it cloſe, and let it ſtew till it is rich as you would have it; when enough, ſtrain it off, mix it with two or three ſpoonfuls of catchup, and a jill of white wine; then put all the ingredients together again, and put in two quarts of boiling water, cover it cloſe, and let it boil till there is about a pint, ſtrain it off well, add it to the firſt, and give it a boil all together. This will make a great deal of rich good gravy.

Gravy for a fowl, when you have no meat nor gravy ready.

Take the neck, liver, and gizzard, boil them in half a pint of water, with a little piece of bread toaſted brown, a little pepper and ſalt, and a little thyme; let them boil to a quarter of a pint, then pour in half a glaſs of red wine, boil it and ſtrain it, then bruiſe the liver well in, and ſtrain it again, thicken it with a piece of butter rolled in flour, and it will be very good.

A good

A good Gravy for any uſe.

Take two ounces of butter and burn it in a frying-pan till it is brown, then put in two pounds of coarſe lean beef, two quarts of water, half a pint of red or white wine, as you would have the colour, ſix muſhrooms, cloves, mace, whole pepper, and four anchovies; let it ſtew an hour over a ſlow fire, and ſtrain it off for uſe.

To draw mutton, beef or veal gravy.

Take a pound of meat, cut it thin, lay a piece of bacon about two inches long, at the bottom of the pan, and lay the meat on it; lay in ſome carrot, cover it cloſe for two or three minutes, then pour in a quart of boiling water, ſome ſpice, onion, ſweet herbs, and a cruſt of bread toaſted; let it ſtew over a ſlow fire, and thicken it with a piece of butter rolled in flour, ſeaſon it with ſalt, and ſtrain it off. Leave out the bacon, if you diſlike it.

COLLARING.

To collar brawn.

TAKE a thin flank of beef, ſlit it through the middle, ſalt it with a quarter of a pound of ſalt-petre, half a pint of petre-ſalt, and a quart of white ſalt; let it lie a week, then ſeaſon it with an ounce of pepper, half an ounce of cloves and mace, a little thyme and lemon-peel ſhred fine; roll it up tight, bind it hard with coarſe tape, and cover it with pump water; then bake it in a pan with houſehold bread, and when it comes out of the oven roll it tight in a coarſe cloth, and tie it tight at both ends; when it is cold, take off the cloth and tape, and keep it in a cool place.

To collar a breaſt of veal, or a pig.

Bone the pig or veal, then ſeaſon it in the inſide with cloves, mace and ſalt beat fine, a handful of ſweet-herbs ſtripped off the ſtalks, and a little penny-royal and parſley ſhred fine, with a little ſage; then roll it up as you do brawn, bind it with narrow tape very cloſe, tie a cloth round

round it, and boil it very tender in vinegar and water, a like quantity, with a little cloves, mace, pepper, and ſalt, all whole; make it boil, put in the collars, when boiled tender take them up, and when both are cold take off the cloth lay the collar in an earthen pan, and pour the liquor over it; cover it cloſe and keep it for uſe. If the pickle begins to ſpoil, ſtrain it through a coarſe cloth, boil it and ſkim it, when cold pour it over. Obſerve before you ſtrain the pickle, to waſh the collar, wipe it dry, and wipe the pan clean, ſtrain it again after it is boiled, and cover it very cloſe.

To collar a breaſt of mutton.

Take a large breaſt of mutton, bone it, ſeaſon it with pepper, ſalt, and ſpice, thyme and lemon-peel ſhred fine, roll it up tight and bind it hard with tape; boil it two hours in water and ſalt, with ſome whole ſpice, and pepper, and a bunch of ſweet herbs. Serve it in ſlices with all ſorts of pickles.

To collar pork.

Take a belly-piece of pork, bone it, and ſeaſon it high with pepper, ſalt, ſpice, and a good handful of ſage ſhred; roll it tight as before directed; boil it five hours in the ſame pickle as for the veal before. Serve it with muſtard and ſugar.

To collar a calf's head to eat hot.

Take a large fat head, and lay it in the water to take out the blood; boil it whilſt the bones will come out; ſeaſon it with nutmeg, pepper and ſalt, then lap it well round with a large lump of forc'd meat made of veal kell before it is cold, and take great care that you don't let the head break in two pieces; then bind it with coarſe inkle, lay it upon an earthen diſh, dridge it over with flour, and lay over it a little butter with ſome water in the diſh, an hour and a half will bake it, when it is enough take off the inckle, cut in two the length-ways, laying the ſkin-ſide uppermoſt; when you lay it upon your diſh, lay round it ſtew'd pallates and artichoke-bottoms fry'd with forc'd meat balls; put to it brown gravy ſauce; you may brown the

ſauce

with a few truffels of morels, and lay them about your veal. Garnish your dish with some lemon and pickles.

To collar a calfs head to eat cold.

You must get a calf's head with the skin on, split it and lay it in the water, take out the tongue and eyes, cut off the groin ends, then tie it up in a cloth; and boil it whilst the bones come out, when it's enough, lay it on a table with the skin-side uppermost, and pour upon it a little cold water, then take off the hair, and cut off the ears, mind you do not break the head in two, turn it over and take out the bones, salt it very well, and lay it round in a cloth very tight, pin it with pins, and tie it at both ends, so bind it up with small inkle; then hang it up by one end, and when it's cold, take it out; you must make for it brown pickle, and it will keep half a year; when you cut it, cut it at the neck. It is proper for a side or middle dish.

To collar eels.

Take a large ell, and split it down the back; take out the bone, season it high with pepper, salt and spice, and a little thyme shred fine; roll it up into a collar; put a cloth about it, and bind it with tape; boil it one hour in white wine vinegar, of each a like quantity, with whole pepper and spice, and a bunch of sweet herbs, a slice or two of lemon, with a little salt. When it is cold, take off the tape and the cloth, and keep it in the pickle you boil it in. Serve it in slices, with oil, lemon, and some of the pickle.

To collar salmon.

Take a side of salmon, cut off about a handful of the tail, wash your large piece very well, and dry it with a cloth, then wash it over with the yolks of eggs, then make some force-meat with that you cut off the tail, but take care off the skin, and put to it a handful of parboiled oysters, a tail or two of lobster, the yolks of three or four eggs boiled hard, six anchovies, a handful of sweet herbs shred small, a little salt, pepper, cloves, mace and nutmeg, all beat fine, with grated bread; work all these together into

into a body, with the yolks of eggs, lay it all over the fleſhy part, and a little more pepper and ſalt over the ſalmon, to roll it up into a collar, and bind it with broad tape, then boil it in water, ſalt and vinegar, but let the liquor firſt boil, then put in your collar, a bunch of ſweet herbs, ſliced ginger, and nutmeg, let it boil two hours gently, and when it is enough, take it up put it into your ſouſing-pan; and when the pickle is cold put it to your ſalmon, and let it ſtand in it till uſed. Or you may pot it; after it is boiled, pour clarified butter over it It will keep longeſt ſo; but either way is good. If you pot it, be ſure the butter be very good.

RAGOOS.

To ragoo lamb ſtones.

HAVING got two or three pair of lamb-ſtones, parboil them, take off the ſkin, cut them in four or eight pieces, ſtrew ſome ſalt over them, and wipe them dry; flour but don't touch them with your hands, fry them immediately in very hot hog's-lard, and make them criſp, then diſh them up, and ſerve away.

To ragoo lamb.

Take your lamb, half roaſt it, then cut it in four pieces, and toſs it up in a ſtew-pan to brown, then ſtew it in good broth, with ſalt, pepper, a few muſhrooms, cloves and ſweet herbs; when it is enough put to it a cullis of veal, and ſerve it.

To ragoo a leg of mutton.

Take off the fat and ſkin, cut it very thin the right way of the grain, then butter your ſtew-pan, and ſhake ſome flour into it; ſlice half a lemon and half an onion, cut them very ſmall, a little bundle of ſweet-herbs, and a blade of mace; put all together with your meat into the pan, ſtir in a minute or two, then put in ſix ſpoonfuls of gravy, and have ready an anchovy mixed ſmall; mix it with ſome butter and flour, ſtir all together for ſix minutes, and then diſh it up.

To

To ragoo a neck of veal.

Cut it in ſteaks, flatten them with a rolling-pin, ſeaſon them with ſalt, pepper, cloves, and mace, lard them with bacon, lemon-peel, and thyme, dip them in the yolks of eggs, make a ſheet of ſtrong paper up at the four corners in the form of a dripping-pan, pin up the corners, butter the paper and grid-iron, and ſet it over a fire of charcoal; put in your meat, let it do gently, keep it baſting and turning to keep in the gravy, and when it is enough have ready half a pint of ſtrong gravy, ſeaſon it high, put in muſhrooms and pickles, force-meat balls dipped in the yolks of eggs, oyſters ſtewed and fried, to lay round at the top of your diſh, and then ſerve it up. If for a brown ragoo, put in red wine; if for a white one, put in white wine, with the yolks of eggs beat up with two or three ſpoonfuls of cream.

To ragoo a breaſt of veal.

Lard and half roaſt it, then pour ſtrong gravy upon it, and ſtew it very well with a bunch of ſweet-herbs, an onion, pepper, ſalt, cloves, and mace; for ſauce take ſome butter and brown it, ſhake ſome flour into it, take the liquor you ſtew'd your veal in, and boil it with palates, muſhrooms, oyſters, forced meat, ſweet-breads, and artichoke bottoms; ſqueeze in a lemon, and after you have ſtrain'd off your herbs, toſs it up all together, and pour it over the veal.

To ragoo a rump of beef.

Take a rump of beef, lard it with bacon and ſpices, betwixt the larding ſtuff it with forced-meat, made of a pound of veal, three quarters of a pound of beef ſuet, a a quarter of a pound of fat bacon boiled and ſhred well by itſelf, a good deal of parſley, winter-ſavoury, thyme, ſweet-marjoram and an onion mix all theſe together, ſeaſon it with mace, cloves, cinnamon, ſalt, jamaica and black pepper, and ſome grated bread, work the forc'd-meat up with three whites and two yolks of eggs, then ſtuff it, and lay ſome ruff ſuet in a ſtew-pan with your beef upon it, let it fry till it is brown, then put in ſome water, a bunch of ſweet-herbs, a large onion ſtuffed with cloves, ſliced turnips, a carrot

a carrot cut large, ſome whole pepper and ſalt, and half a pint of claret; cover it cloſe, and let it ſtew ſix or ſeven hours over a gentle fire, turning it often. For ſauce take truffles, morels, ſweet-breads, diced palates boiled tender, three anchovies, and ſome lemon-peel, put theſe into ſome brown gravy and ſtew them; if it is not thick enough, dridge in a little flour, and juſt before you pour on your beef put in a little white wine and vinegar, and ſerve it up hot.

To ragoo a calf's head.

Take two calves heads boil them as you do for eating, when they are cold cut off all the lantern part from the fleſh, in pieces about an inch long, and about the breadth of your finger; put it into a ſtew-pan with a little white gravy, twenty oyſters cut in two or three pieces, a few ſhred muſhrooms, and a little juice of lemon; ſeaſon it with ſhred mace and ſalt, let them all boil together over a ſtove; take two or three ſpoonfuls of cream, the yolks of three eggs, and a little ſhred parſley, then put it into a ſtew-pan; after you have put in the cream ſhake it all the while, if you let it boil it will curdle, ſo ſerve it up. Garniſh your diſh with ſippets, lemon, and a few pickled muſhrooms.

To ragoo cocks-combs, cocks-kidneys, and fat livers.

Take a ſtew-pan, put in a bit of butter, a bunch of ſweet-herbs, ſome muſhroomn and truffles; put it for a minute over the fire, flour it a little, moiſten it with half a ſpoonful of broth, ſeaſon it with ſalt and pepper; let it ſtew a little, then put in ſome cocks-combs, cocks-kidneys, fat livers, and ſweet-breads: let your ragoo be palatable, thicken it with the yolks of eggs; ſerve it up hot for a dainty diſh.

A ragoo of oyſters.

Open your large oyſters, take them out of their liquor, ſave the liquor, and dip the oyſters in a batter made thus; take two eggs beat them well, grate a little lemon peel and ſome nutmeg, a blade of mace pounded fine, a little parſley choped fine; beat all together with a little flour, have

ready

ready ſome butter or dripping in a ſtew-pan; when it boils dip in your oyſters one by one into the batter, and fry them of a fine brown; then with an egg ſlice take them out, and lay them in a diſh before the fire; pour the fat out of the pan, and ſhake a little flour over the bottom of the pan, then rub a piece of butter as big as a ſmall walnut all over with your knife, whilſt its over the fire; then pour in three ſpoonfuls of the oyſter liquor ſtrained, one ſpoonful of white wine and a quarter of a pint of gravy; grate ſome nutmeg, ſtir all together, throw in the oyſters, give them a toſs round, and when the ſauce is of a good thickneſs, pour all into the diſh and garniſh with raſpings.

To ragoo muſhrooms.

Peel and ſcrape the flaps, put a quart into a ſauce-pan, a very little ſalt, ſet them on a quick fire, let them boil up, then take them off, put to them a jill of red wine, a quarter of a pound of butter rolled in flour, a little nutmeg, a little beaten mace, ſet it on the fire, ſtir it now and then, and when it is thick and fine, have ready the yolks of ſix eggs hot and boiled in a bladder, lay it in the middle of your diſh, and pour the ragoo over it. Garniſh with broiled muſhrooms

To make a ragoo of onions.

Take a pint of little young onions, peel them, and take four large ones, peel them and cut them very ſmall; put a quarter of a pound of good butter into a ſtew-pan, when it is melted and done making a noiſe, throw in your onions, and fry them till they look browniſh; then ſhake in ſome flour, and ſtir them round while they are thick; throw in ſome ſalt, beaten pepper, half a gill of good gravy, and a tea-ſpoonful of muſtard: ſtir all together, and when it is well taſted and of a good thickneſs pour it into your diſh, and garniſh it with fried crumbs of bread and raſpings. They make a pretty diſh, and are very good. You may ſtew raſpings in the room of flour, if you pleaſe.

A ragoo of aſparagus.

Scrape a hundred of graſs very clean, and throw it into cold water. When you have ſcraped all, cut as far as is good

good and green, about an inch long, and take two heads of endive clean washed and picked, cut it very small, a young lettice clean washed and cut small, a large onion peeled and cut small; put a quarter of a pound of butter into a stew-pan, when it is melted throw in the above things; toss them about and fry them ten minutes, season them with a little pepper and salt, shake in some flour, toss them about, then pour in half a pint of gravy: let them stew till the sauce is very thick and good, then pour all into your dish: save a few of the small tops of the grass to garnish with.

To dress a turtle.

Observe to take your turtle out of the water the night before you intend to dress it, cut off its head, and save the blood: then with a sharpe knife separate the callipee (the belly) from the callipash (the back) down to the shoulders, take out the entrails, and throw them into a tub of water, taking particular care not to burst the gall, but to cut it from the liver, and throw it away: then separate each distinctly, and having put the guts in another vessel, split them open with a pen-knife, draw them through a woollen cloth in warm water, to clear away the slime, and then put them into clean cold water, with the other part of the entrails, which must all be cut in small pieces. Mean while disunite the back and belly entirely, and cut off the fins, which you must scald and cut small, and lay them by themselves, ready to be seasoned: then cut off the meat from the belly and back in middling pieces, laying it likewise by itself; after which scald the back and belly, pull the shell off the back, and the yellow skin from the belly, and with a cleaver cut those up into pieces about the size of a card: put these pieces in cold water, wash them out, and lay them by themselves on the dresser. The meat being thus parted, and prepared for seasoning, mix a proper quantity of salt with Cayenne pepper, beaten mace, and nutmeg; the quantity of each being proportioned to the size of your turtle, so that in each dish there may be three or four spoonfuls of seasoning to every twelve pounds

of

of meat. Having ſeaſoned your meat, and provided ſome deep diſhes to bake it in, lay the coarſeſt parts of the meat, with about a quarter of a pound of butter, at the bottom of each diſh, and then ſome of each of the ſeveral parcels of meat, ſo that all the diſhes may have equal portions of the different parts of the turtle; and between each layer of meat, ſtrew a few ſweet-herbs ſhred fine. Let your diſhes be filled within two inches of the top; put into them the blood of the turtle boiled; then lay on force-meat balls, highly ſeaſoned; put in each diſh a ſufficiency of water, and a gill of madeira wine, then break over them five or ſix eggs, to prevent the meat from being ſcorched at the top, and over theſe ſcatter a little parſley. This done, put your diſhes into a hot oven, and in an hour and a half, or two hours (according to the ſize of your diſhes) your meat will be enough.

To dreſs a mock turtle.

You muſt take a large calf's head with the ſkin upon it, and ſcald off the hair; then clean it well, cut it in thin ſlices, and put it into a ſtew-pan, with the brains, a quart of ſtrong gravy, a pint of madeira wine, a tea-ſpoonful of cayenne pepper, a little ſalt, half the peel of a large lemon ſhred very fine, a few choped oyſters, the juice of three or four lemons, and ſome ſweet-herbs cut ſmall: ſtew all theſe together till your meat is very tender, which will be in about an hour and a half. In the mean time have ready the back ſhell of a turtle, lined with a paſte of flour and water, which you muſt firſt harden in an oven; put your meat in the ſhell, together with the ingrdients, and ſet it in the oven to brown the top; that being done, garniſh the top with force-meat balls and the yolks of hard eggs, and ſerve it up. N. B. If you cannot eaſily procure the ſhell of a turtle, a china ſoup-diſh will anſwer the ſame purpoſe.

To dreſs lamb's notters.

Firſt boil them, then take out the middle bone, ſtuff them with good force-meat, dip them in eggs, ſtrew bread crumbs over them, and fry them brown. Garniſh your diſh with criſped parſley.

POTTING.

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To pot beef.

TAKE a leg of mutton of twelve pounds, and cut it into pound pieces, ſalt it as for a collar of beef, let it lie ſix days, bake it in a pan covered with pump water, and then bake it with houſhold bread; when it comes out of the oven, take it out of the liquor, beat it in a ſtone mortar; then ſeaſon it with an ounce of pepper, half an ounce of cloves and mace; mix to it a pound of clarified butter, put it cloſe into your pot, and cover it with clarified butter on the top half an inch thick.

To pot a hare.

Bone your hare and take away all the ſkinny part, then put to the fleſh ſome good fat bacon, and ſavoury herbs, ſeaſon it with mace, nutmeg, pepper, and ſome ſalt, then beat all this fine in a mortar, then put it down, and bake it about an hour and a half, and when it comes out of the oven, pour out all the gravy, and fill it up with clarified butter.

To pot tongues.

Take two tongues, ſalt them with ſalt-petre, white ſalt, brown ſugar, and bake them tender in pump water; then blanch them, and cut off the roots, ſeaſon with pepper and ſpice. Put them in an ovel pot, and cover them all over with clarified butter.

To pot pigeons or fowls.

Cut off their legs, draw and wipe but do not waſh them, ſeaſon them pretty well with pepper and ſalt, put them into a pot, with as much butter as will cover them, when melted, and baked very tender; then drain them very dry from the gravy, lay them on a cloth, and that will ſuck up all the gravy, ſeaſon them again with ſalt, mace cloves, and pepper beaten fine, and put them cloſe down into a pot. Take the butter, when cold, clear from the gravy, ſet

ſet it before the fire to melt, and pour it over the birds; let the butter be near an inch thick above the fowls. Thus you may do all ſorts of fowls.

To pot veniſon.

Take a piece of veniſon, fat and lean together, lay it in a diſh, and ſtick pieces of butter all over, tie brown paper over it, and bake it, when it comes out of the oven, take it out of the liquor hot, drain it, and lay it in a diſh; when cold, take off the ſkin, and beat it in a marble mortar, fat and lean together, ſeaſon it with mace, cloves, nutmeg, black pepper, and ſalt to your mind; when the butter is cold that it was baked in, take a little of it, and beat in with it, to moiſten it; then put it down cloſe, and cover it with clarified butter. Be ſure to beat it till it is like a paſte.

To pot a cold tongue, veal, or veniſon.

Cut it ſmall, beat it well in a marble mortar, with melted butter, and two anchovies, till the meat is mellow and fine; then put it down cloſe in your pots, and cover it with clarified butter. Thus you may do cold wild fowl; or you may pot any ſort of cold fowl, ſeaſoning them with what ſpice you pleaſe.

For potting Cheſhire cheeſe.

Put three pounds of Cheſhire cheeſe into a mortar, then take a pound of the beſt freſh butter you can get; pound them together, and in the beating add a glaſs or two of canary, and half an ounce of meat ſo finely beat and ſifted that it cannot be diſcerned. When all is well mixed, preſs it hard down into a pan, cover it over with melted butter, and keep it cool. A ſlice of this exceeds all the cream cheeſe that can be made.

To pot herrings.

Cut off their heads, and put them into an earthen pot, lay them cloſe, and between every layer of herrings ſtrew ſome ſalt, not too much; put in cloves, mace, whole pepper, and nutmeg cut in bits; fill up the pot with vinegar and a quarter of a pint of white wine; cover it with wet brown paper, tie it down, and bake it.

To pot a lobſter.

Take a live lobſter, boil it in ſalt and water, and peg it that no water gets in; when it is cold, pick out all the fleſh and body, take out the gut, beat it fine in a mortar, and ſeaſon it with beaten mace, grated nutmeg, pepper, and ſalt. Mix all together, melt a little piece of butter as big as a large walnut, and mix it with the lobſter as you are beating it; when it is beat to a paſte, put it into your potting-pot, and put it down cloſe as poſſible, and as hard as you can; then ſet ſome freſh butter in a deep broad pan, before the fire, and when it is all melted, take of the ſcum at the top, if any, and pour the clean butter over the meat as thick as a crown piece; the whey and churn-milk will ſettle at the bottom of the pan; but take care none of that goes in, and always let your butter be very good, or you will ſpoil all; or only put the meat whole, with the body mixed among it, laying them as cloſe together as you can, and pour the butter over them. You muſt be ſure to let the lobſter be well boiled. A midling one will take half an hour boiling.

To pot ſhrimps.

Take four pounds of ſhrimps, pick them very clean, put them into an earthen pot, ſeaſon them with ſalt, pepper, mace, and nutmeg; put half a pound of ſweet butter to them, then bake them in a cool oven for one hour; then take them out of the pot and beat them very fine in a marble mortar, put them into ſmall pots for uſe, and pour upon them clarified butter.

To pot eels or lampreys.

Skin, gut, and waſh them, ſlit them down the backs take out the bones, cut them in pieces to fit your pot, then ſeaſon them with peppar, ſalt and nutmeg; put them in a pot with half a pint of vinegar, cover them cloſe, and bake them half an hour, when done pour off the liquor, and cover them with clarified butter.

To pot ſalmon.

Cut your ſalmon the bigneſs of the pots you deſign to keep it in, then ſcale it, waſh it, and put it in a large long

long pan, and cover it over with butter; ſeaſon with Jamaica pepper and ſalt, and when baked take it out whole, lay it in your pot, and cover it with clarified butter. Thus you may do carp, tench, trout, or any other ſort of fiſh.

To pot a pike.

Scale it, cut off the head, ſplit it and take out the chine-bone, then ſtrew all over the inſide ſome bay ſalt and pepper, and roll it up round, lay it in a pot, and bake it one hour; then pour all your liquor from it, and cover it with clarified butter, and it will be red like ſalmon.

PICKLING.

Rules to be obſerved in Pickling.

NEVER uſe any thing but ſtone jars for all ſorts of pickles that require hot pickle to them, for vinegar or ſalt will penetrate through all earthen veſſels, ſtone and glaſs is the only thing to keep pickles in. The beſt way is, to every pot tie a wooden ſpoon, full of little holes, to take the pickles out with. Let your braſs pans, for green pickles, be exceeding bright and clean, otherwiſe your pickles will have no colour; uſe the very beſt and ſtrongeſt wine vinegar; likewiſe be very exact in watching when your pickles begin to boil, and change colour, ſo that you may take them of the fire immediately, otherwiſe they will loſe their colour, and grow ſoft in keeping. Cover your pickling jars with a wet bladder and leather.

To pickle walnuts.

Make a pickle of ſalt and water, ſtrong enough to bear an egg, boil and ſcum it well, and pour it over your walnuts, let them ſtand twelve days, changing the pickle at the end of ſix days, then pour them into a cullendar, and dry them with a coarſe cloth; then get the beſt white wine vinegar, with cloves, mace, nutmeg, jamaica-corns and ſliced ginger, boil up theſe and pour it ſcalding hot upon your walnuts; you may add ſome ſhallot and a clove or

two of garlick; to one hundred of walnuts, you muſt put in a pint of muſtard-ſeed; when they are cold put them into a jar and cover them cloſe.

To pickle walnuts green.

Gather walnuts when they are ſo tender that you can run a pin through them, pare and put them in water, let them lie four or five days, ſtirring them twice a day to take out the bitter, then put them in ſtrong ſalt and water, let them lie a week or ten days, ſtirring them as before, then put them in freſh ſalt and water, and hang them over a ſlow fire, put to them a little allum, cover them up cloſe with vine leaves, and let them hang over a ſlow fire till they are green, but be ſure you do not let them boil, and when they are green put them into a ſieve to drain; then take a little good alegar, put to it a little long-pepper, a few bay-leaves, a little horſe-radiſh, a handful or two of muſtard-ſeed, a little jamaica pepper, a little ſalt and ſome rockambol if you have any, if not a few ſhalots; boil all up together, put it to your walnuts, and let it ſtand three or four days, giving them a ſcald once a day, then tie them up for uſe. A ſpoonful of this pickle is good for fiſh ſauce, or a calf's head haſh.

To pickle walnuts black.

Gather your walnuts as before, prick them with a pin very well, lay them in ſalt and water for a week, ſhifting them once a day, then take them out of the ſalt and water, and boil it, pour it on your walnuts, and let your pot ſtand in the corner end, ſcald them once or twice a day whilſt they are black, and make the ſame pickle for thoſe as you made for the green ones.

To pickle ſmall cucumbers.

Take them freſh gathered, and put them into a pan, then pour on them as much hot brine as will cover them; let them ſtand cloſe covered twenty-four hours, then take them out and dry them, then put them into the pot you intend to keep them in, with mace, cloves, pepper, ſome dill and fennel, a little horſe-radiſh, ſome lemon-peel, and a few bay leaves; pour on them as much boiling hot water as will cover them; do thus three times in three weeks, and keep them cloſe ſtoped and hot, ſix hours at a time, and if they

are not green, make your vinegar boil, and put in the cucumbers, and let them boil ſix minuets.

To pickle large cucumbers in ſlices.

Gather them before they are ripe. ſlice them into a pewter diſh, and to every dozen of cucumbers ſlice two large onions thin, with a handful of ſalt between every raw, then cover them with a pewter diſh, and let them ſtand twenty-four hours, then put them into a cullendar, and let them drain very well ; then put them into a jar, and cover them with white wine vinegar, and let them ſtand four hours ; pour the vinegar from them into a copper ſauce-pan, and boil it with a little ſalt ; put to your cucumbers a little mace, whole pepper a large race of ginger ſliced, and then pour the boiling vinegar on ; cover them cloſe, and when they are cold tie them down, they will be fit to eat in two or three days.

To pickle garkins.

Take garkins of the fineſt groweth, pick them clean, put them into ſtrong ſalt and water, let them a week or ten days, whilſt they be thoroughly yellow, then ſcald them once a day, and let them lie till they are green, then ſet them at the corner end cloſe covered.

To pickle onions.

Take your onions when quite dry, large or ſmall as you pleaſe, take off the dry coat, boil them in water without ſhifting, till they are tender ; then drain them, and let them cool ; as ſoon as they are cold, ſtrip off the two outward ſkins, ſlip them till they look white, then rub them gently with a fine cloth, and lay them on a cloth to cool ; when this is done put them into wide-mouth'd glaſſes, with about ſix or eight bay-leaves ; to a quart of onions, a quarter of an ounce of mace. and two large races of ginger ſliced ; all theſe ingredients muſt be interſperſed here and there, in the glaſſes among the onions ; then boil to each quart of vinegar two ounces of bay-ſalt, ſkim it well, and let it ſtand till it is cold, then pour it into the glaſſes, cover it cloſe with a wet bladder dipped in vinegar, and tie them down. As the pickle waſtes, fill them up with cold vinegar.

To pickle muſhrooms.

Lay them in water and ſalt, and rub them with a flannel

very white ; then put on a ſauce-pan with water and ſalt, and when it boils put them in, and boil them two minutes ; then take them out and lay them on a cloth to drain, and make your pickle thus : to a gallon of wine vinegar take a quart of white wine, two races of ginger, two nutmegs cut in ſlices, four blades of mace, and two ſpoonfuls of ſalt ; boil this up and ſkim it well, when cold put in your muſhrooms, then tie them down.

To pickle French beans.

Gather your beans before they have any ſtrings, lay them in cold brine for ſix days, and one day in freſh water, then dry them, and put them into a pot with whole ſpice, pepper, ginger, lemon-peel, and bay-leaves ; cover them with boiling hot vinegar ; and do them as you do ſmall cucumbers.

To pickle grapes or barberries.

Put them into a pot, boil verjuice with a good quantity of ſalt, and let it ſtand till it cold, and then put them in, and cover them.

To pickle currants.

Take them before they are ripe ; you muſt not take them from the ſtalk ; make a pickle of ſalt and water, and a little vinegar, ſo keep them for uſe, They are proper for garniſhing.

To pickle white cabbage.

You may do it in quarters, or ſhave it in ſlices, and ſcald it about four minutes in water and ſalt, then take it out and cool it, boil up ſome vinegar and ſalt, whole pepper, mace and ginger, and when your pickle is boiled and ſkimmed put it to your cabbage, cover it preſently, and it will keep white.

To pickle red cabbage.

Cut off the ſtalks and outſide leaves of your cabbage, and ſhred the remainder into a cullendar, throw ſalt upon it in ſhredding, and after it has drained two or three hours, put it into a jar. then make a pickle of vinager, cloves, mace, ginger and ſliced nutmeg, and boil it : When it is cold pour it over the cabbage, and it will be fit for uſe in twelve hours. If for keeping pour it on hot, and ſtop it up cloſe.

To pickle the fine purple cabbage, ſo much admired at great tables.

Take two cauliflowers, two red cabbages, and half a peck of kidney beans, ſix ſticks, with ſix cloves of garlick on each ſtick; waſh all well, and give them a boil up, then drain them, and lay them leaf by leaf upon a large table, ſalt with them bay ſalt, let them dry in the ſun or a ſlow oven until it is dry as cork; then take a gallon of the beſt vinegar, and one quart of water, a handful of ſalt, and an ounce of pepper; boil them, and let it ſtand 'til it is cold; then take a quarter of a pound of ginger, cut it in pieces, ſalt it, and let it ſtand a week; then take half a pound of muſtard ſeed, waſh it and lay it dry, and when very dry, bruiſe half of it; when all is ready for the jar, lay a row of cabbage, a row of cauliflowers and beans, and throw between every row your muſtard ſeed, black pepper, ginger and jamaica pepper; mix an ounce of the root of turmerick powder'd; put it into the pickle, which muſt go over all. It is beſt when it hath been two years made, though it may be uſed the firſt year.

To make mangoes.

Take your mangoes or cucumbers and cut a hole on the top, and put out the core and ſeeds; then it fill up with muſtard ſeed, garlick, and bits of horſe raddiſh and ginger; faſten the tops with a ſmall ſkewer, and ſet them upright in a deep pot, and make your pickle thus: to a gallon of vinegar put in one handful of ſalt, ſome cloves, mace, and ſix races of ginger, and ſome whole pepper; boil it up, put in a bit of dill, then pour in your pickle boiling hot, and cover them down cloſe; do this every other day three times.

To pickle ſamphire.

Take the ſamphire that is green, lay it in a clean pan, throw ſome ſalt over it, then cover it with ſpring water. Let it lie twenty-four hours, then put it into a clean braſs ſauce-pan, throw in ſome ſalt, and cover it with good vinegar, then cover the pan cloſe, and ſet it over a very ſlow fire; let it ſtand till it is juſt green and criſp, then take it off in a moment, for if it ſtands to be ſoft it is ſpoiled; then put it into your pickling pot, and cover it cloſe.—

When

When it is cold, tie it down with a bladder and leather, and keep it for uſe; or you may keep it all the year in a very ſtrong brine of ſalt and water, and throw it into vinegar juſt before you uſe it.

To make catchup.

Take large muſhrooms when they are freſh gather'd, cut off the dirty ends, then break them ſmall with your hands, and put them into a ſtone bowl with ſome ſalt, and let them ſtand all night; if you do not get muſhrooms enough at once, with a little ſalt they will keep a day or two whilſt you get more, ſo put them into a ſtew pot, and ſet them in an oven with houſhold bread; when they are enough ſtrain from them the liquor, and let it ſtand to ſettle, then boil it with a little mace jamaica and whole black pepper, two or three ſhalots, boil it over a ſlow fire for one hour, when it is boiled let it ſtand to ſettle, and when it is cold bottle it; if you boil it well it will keep a year or two; you muſt put in ſpices according to the quantity of your catchup; you muſt not waſh them nor put them to any water.

To pickle pork.

Bone your pork, cut it into pieces, of a ſize fit to lie in the tub or pan you deſign it to lie in, and rub your pieces well with ſalt petre, then take two parts of common ſalt, and two of bay ſalt, and rub every piece well; and lay a layer of common ſalt in the bottom of your veſſel, cover every piece over with common ſalt, and lay them one upon another as cloſe as you can, filling the hollow places on the ſides with ſalt; as your ſalt melts on the top, ſtrew on more, and lay a coarſe cloth over the veſſel, a board over that, and a weight on the board to keep it down.—Keep it cloſe cover'd; it will keep the whole year thus order'd. Put a pound of ſalt-petre and two pounds of bay ſalt to a hog.

To make a pickle for pork which is to be eat ſoon.

Take two gallons of pump water, one pound of bay ſalt, a pound of coarſe ſugar, ſix ounces of ſalt-petre; boil all together, and ſkim it when cold; then cut the pork in pieces, lay it down cloſe, and pour the liquor over it; cover it cloſe from the air, and it will be fit for uſe in a week. If you find the pickle begins to ſpoil, boil it again, and ſkim it; when cold pour it on your pork.

To

To make pork hams,

Take a fat hind quarter of pork, and cut off a fine ham; then take an ounce of salt-petre, a pound of coarse sugar, and a pound of common salt; mix all together, and rub it well; let it lie a month in this pickle, turning and basting it every day, then hang it in wood smoke for a month, in a dry place so as no heat comes to it, and if you keep them long, hang them a month or two in a damp place, so as they will be mouldy, and it will make them cut fine and short.

To make mutton hams.

Take a hind quarter of mutton, cut it like a ham, then take one ounce of salt-petre, a pound of coarse sugar. and a pound of common salt; mix them and rub you ham well with it, and lay it in a hollow tray with the skin downwards, baste it every day for a fortnight, then roll it in sawdust, and hang it in wood smoke another fortnight, then boil it, and hang it in a dry place; and cut it out in rashers. — It does not eat finely boiled, but it eats best broiled.

To make bacon.

Take a side of pork, take off all the inside fat, lay it on a long board, that the blood may run away; rub it well with good salt on both sides, let it lie thus a week, then take a pint of bay-salt, a quarter of a pound of salt-petre, beat them fine, two pounds of coarse sugar, and a quarter of a peck of common salt; rub your pork well with the above ingredients; lay the skinny side downwards, and baste it every day with the pickle for a fortnight; then hang it in wood smoke for a month, and afterwards hang it in a dry place, but not too hot. All hams and bacon should hang clear from every thing, and not against a wall. Wipe off all the old salt before you put it into this pickle, and never keep them in a hot kitchen, or in a room where the sun comes, it makes them all rusty.

To salt tongues.

Clean them, and cut off the root, then take two ounces of salt-petre, a quarter of a pound of bay-salt, well beaten, salt them very well, and let them lie as long as the hams, with the skinny side downwards. You may do a rump of beef the same way.

To

To pickle mackrel, called caveach.

Cut your mackrel into round pieces, and divide one into five or ſix pieces: to ſix large mackrel you may take one ounce of beaten pepper, three large nutmegs, a little mace, and a handful of ſalt, mix your ſalt and beaten ſpice together, then make two or three holes in each piece, and thruſt the ſeaſoning into the holes with your finger, rub the piece all over with the ſeaſoning fry them brown in oil, and let them ſtand till they are cold; then put them into vinegar, and cover them with oil: they will keep well covered a great while, and are very delicious.

To pickle herrings.

Scald and clean them, take out the milts and roans, ſkewer them round, ſeaſon them with ſalt and pepper, put them in a deep pot, cover them with alegar, put to them a little whole jamaica pepper, and two or three bay-leaves; bake them, and keep them for uſe.

To pickle oyſters, cockles, and muſſels.

Take two hundred oyſters, the freſheſt you can get, ſave the liquor as you open them, cut off the black verge, ſaving the reſt, put them into their own liquor, then put the liquor and oyſters into a kettle, boil them gently half an hour, ſkimming them as the ſcum riſes, then take them off, take out the oyſters, ſtrain the liquor through a cloth, then put in the oyſters again; then take out a pint of the liquor whilſt it is hot, put to it three quarters of an ounce of mace, and half an ounce of cloves; juſt give it a boil, then put it to the oyſters, and ſtir up the ſpices well among the oyſters, put in a ſpoonful of ſalt, three quarters of a pint of the beſt white wine vinegar, and a quarter of an ounce of whole pepper; let them ſtand till they are cold, then put the oyſters, as many as you well can, into the barrel, put in as much liquor as the barrel will hold, letting them ſettle a while, and they will ſoon be fit to eat; or you may put them into ſtone jars, cover them cloſe with a bladder and leather, and be ſure they be quite cold before you cover them up. Thus do cockles and muſſels, only this, cockles are ſmall, and to this ſpice you muſt have at leaſt two quarts, nor is there any thing to pick off them. To muſſels you muſt have two quarts, take great care to pick

the crab out under the tongue, and a little fus which grows at the root of the tongue. The two latter, cockles and muſſels, muſt be waſhed in ſeveral waters, to clean them from the grit; put them into a ſtew-pan, cover them cloſe, and when they are open, pick them out of the ſhells, and ſtrain the liquor.

To pickle ſhrimps.

Take the largeſt you can get, pick them, boil them in a jill of water, as much water as will cover them, according as you have a quantity of ſhrimps, ſtrain them through a hair ſieve, then put to the liquor a little ſpice, mace, whole pepper, white wine, vinegar, and a little ſalt; boil theſe all together very well, when it is cold, put in your ſhrimps, they are fit for uſe.

To pickle ſmelts

Take a quarter of a peck of ſmelts, half an ounce of pepper, half an ounce of nutmeg, half an ounce of petre-ſalt, a quarter of an ounce of mace, and a quarter of a pound of common ſalt; beat all very fine, waſh and clean the ſmelts, gut them, lay them in rows in a jar, and between each layer of ſmelts ſtrew the ſeaſoning, with four or five bay-leaves, then boil red wine, and pour over as much as will cover them; then cover them with a plate, and when cold tie them down cloſe. They exceed anchovies.

To make anchovies.

Take a peck of ſprats, two pounds of common ſalt, a quarter of a pound of bay-ſalt, four pounds of ſalt-petre, two ounces of ſalt prunella, and two penny-worth of cochineal; pound all in a mortar, put them into a ſtone pot, a row of ſprats, a layer of your compound, and ſo on to the top alternately, preſs them hard down, cover them cloſe, let them ſtand ſix months, and they will be fit for uſe: Obſerve that your ſprats be very freſh, and do not waſh nor wipe them, but juſt take them as they come out of the water.

To make ſolomon gundy to eat in lent.

Take five or ſix white herrings, lay them in water all night, boil them as ſoft as you would do for eating, and ſhift them in the boiling to take out the ſaltneſs, when they are boild take the fiſh from the bone, and mind you do not

break

break the bone in pieces, leaving on the head and tail; take the white part of the herrings, a quarter of a pound of anchovies, a large apple, a little lemon-peel, ſhred them all together, and lie them over the bones on both ſides, in the ſhape of an herring; then take off the peel of a lemon very thin, and cut it in long bits, lie it over every herring pretty thick; garniſh your diſh with a few pickled oyſters, capers, and muſhrooms, if you have any.

Solomon gundy another way.

Take the white part of a turkey, or other fowl, if you have neither, take a little white veal mince it pretty ſmall, take a little hung beef or tongues, ſcrape them very fine, a few ſhred capers, and the yolks of four or five eggs ſhred ſmall; take a delf diſh and lie a delf plate in the diſh with the wrong ſide up, ſo lie on your meat and other ingredients, all ſingle in quarters, one to anſwer another; ſet in the middle a large lemon or mango, lie round the diſh anchovies in lumps, pickled oyſters or cockles, and a few pickled muſhrooms, ſlices of lemon and capers; ſo ſerve it up.—This is proper for a ſide-diſh either at noon or night.

To Captains of Ships.

To make catchup to keep twenty years.

Take a gallon of ſtrong ſtale beer, one pound of anchovies waſhed from the pickle, a pound of ſhalots, peeled, half an ounce of mace, half an ounce of cloves a quarter of an ounce of whole pepper, three or four large races of ginger, two quarts of the large muſhroom-flaps rubbed to pieces. Cover all this cloſe, and let it ſimmer till it is half waſted, then ſtrain it through a flannel-bag; let it ſtand till it is quite cold, then bottle it. You may carry it to the Indies. A ſpoonful of this to a pound of freſh butter melted, makes a fine freſh ſauce; or in the room of gravy-ſauce. The ſtronger and ſtaler the beer is, the better the catchup will be.

PRESERVING.

The Jews way of preſerving ſalmon, and all ſorts of fiſh.

TAKE either ſalmon, cod, or any large fiſh, cut off the head, waſh it clean, and cut it in ſlices as crimp'd cod is dry it very well in a cloth, and flour it. and dip it in yolks of eggs, and fry it in a great deal of oil, till it is of a fine brown, and well done; take it out and lay it to drain. till it is very dry and cold. Whitings, mackrel, and flat fiſh, are done whole; when they are quite dry and cold, lay them in your pan or veſſel, throw in between them a good deal of mace, cloves, and ſliced nutmeg, a few bay-leaves; have your pickle ready, made of the beſt white wine vinegar, in which you muſt boil a great many cloves of garlick and ſhalot, black and white pepper, juniper berries and ſalt; when the garlick is near tender the pickle is enough; when it is quite cold, pour it on your fiſh, and a little oil on the top. They will keep good a twelve-month, and are to be eat cold with oil and vinegar; they will go to the Eaſt-Indies. All ſorts of fiſh fried well in oil, eat very fine cold with ſhalot, or oil and vinegar: Obſerve in the pickling of your fiſh, to have the pickle ready; firſt put a little pickle in, then a layer of fiſh, then pickle, then a little fiſh, and ſo lay them down very cloſe, and to be well-covered; put a little ſaffron in the pickle. Frying fiſh in common oil is not ſo expenſive with care, for preſent uſe a little does, and if the cook is careful not to burn the oil, nor black it, it will fry them two or three times with care.

To preſerve cherries with the leaves and ſtalks green.

Firſt, dip the ſtalks and the leaves in the beſt vinegar boiling hot, ſtick the ſprig upright in a ſieve till they are dry; in the mean time boil ſome double refin'd ſugar to ſyrup, and dip the cherries, ſtalks and leaves in the ſyrup, and juſt let them ſcald; lay them on a ſieve, and boil the ſugar to a candy height, then dip the cherries, ſtalks, leaves

and

and all, then ſtick the branches in ſieves, and dry them as you do other ſweetmeats. They look very pretty at candle-light in a deſart.

To make marmalade of apricots.

Stone your apricots, as many as you chuſe, put them immediately into a ſkellet of boiling water, keep them under till they are ſoft, then wipe them with a cloth, weigh your ſugar with your apricots, weight for weight, then diſſolve your ſugar in water; and boil it to a candy height, then put in your apricots being a little bruiſed; let them boil a quarter of an hour, then glaſs them up.

To preſerve apricots.

Take your apricots, ſtone and pare them thin, and take their weight in double-refined ſugar beaten and ſifted, put your apricots in a ſilver cup or tankard, cover them over with ſugar, and let them ſtand ſo all night. The next day put them in a preſerving-pan, ſet them on a gentle fire, and let them ſimmer a little while, then let them boil till tender and clear, taking them off ſometimes to turn and ſkim. Keep them under the liquor as they are doing, then with a ſmall clean bodkin or great needle job them ſometimes, that the ſyrup may penetrate into them. When they are enough, take them up, and put them in glaſſes. Boil and ſkim your ſyrup; and when it is cold, put it on your apricots.

A nice way to preſerve peaches.

Put your peaches in boiling hot water, juſt give them a ſcald, but do not let them boil, take them out and put them in cold water, then dry them in a ſieve, and put them in long wide-mouthed bottles; to half a dozen peaches take a quarter of a pound of ſugar, clarify it, pour it over your peaches, and fill the bottles with brandy. Stop them cloſe, and keep them in a cloſe place.

To bottle gooſeberries.

Gather your gooſeberries young, pick and bottle them, put in the cork looſe, ſet them in a pan of water, with a little hay in the bottom, put them into the pan when the water is cold, let it ſtand on a ſlow fire, and mind when they are coddled; do not let the pan boil, if you do it will break the bottles; when they are cold faſten the cork, and put on a little reſin, ſo keep them for uſe.

To

To bottle damſins.

Take your damſins before they are full ripe, gather them when the dew is off, pick off the ſtalks, and put them into dry bottles; don't fill your bottles over full, and cork them cloſe, keep them in a cellar, and cover them over with ſand.

To bottle gooſeberries, damſins, or plumbs.

Gather them when dry, full grown, and not ripe, pick them one by one, put them into g'aſs bottles that are very clean and dry, take them and cork them cloſe with new corks, then put a kettle of water on the fire, and put the bottles in with care, wet not the corks but let the water come up to the necks, make a gentle fire till they are a little coddled and turn white, do not take them up 'till cold, then pitch the corks all over, or wax them cloſe and thick; then ſet them in a cool dry cellar to preſerve.

To preſerve gooſeberries.

To a pound of ſtoned gooſeberries put a pound and a quarter of fine ſugar, wet the ſugar with the gooſeberry jelly; take a quart of gooſeberries, and two or three ſpoonfuls of water, boil them quick, let your ſugar be melted, then put in your gooſeberries, and boil them clear.

To preſerve red gooſeberries.

Take a pound of ſugar, and a little juice of currants, put to it a pound and a half of gooſeberries, and let them boil quick a quarter of an hour; but if they be for jam they muſt boil half an hour. They are very proper for tarts, or to eat as ſweet-meats.

To preſerve the large green plumbs.

Firſt dip the ſtalks and leaves in boiling vinegar, when they are dry have your ſyrup ready, and firſt give them a ſcald, and very carefully with a pin take off the ſkin; boil your ſugar to a candy height, and dip in your plumbs, hang them by the ſtalk to dry, and they will look finely tranſparent, and by hanging that way to dry, will have a clear drop at the top. You muſt clear your ſugar nicely.

To preſerve damſins.

Take damſins before they are full ripe, and pick them, take their weight in ſugar, and as much water as will wet your

your ſugar, give it a boil and ſkim it, then put in your damſins, let them have one ſcald, and ſet them by till cold, then ſcald them again, and continue ſcalding them twice a day whilſt your ſyrup looks thick, and the damſins clear; you muſt never let them boil; do them in a braſs-pan, and do not take them out in the doing; when they are enough put them into a pot, and cover them up with a paper dip'd in brandy.

To keep damſins, plumbs, bullice, &c. for tarts.

Gather them before they are full ripe, to every quart of fruit put a pound of powder ſugar, put them into a pretty broad pot, a layer of ſugar and a layer of fruit, tie them cloſe up, ſet them in a ſlow oven, and let them have a heat every day whilſt the ſyrup be thick, and the fruit enough; render a little ſheep ſuet and pour over them, ſo keep them for uſe.

To keep barberries for tarts all the yea

Take barberries when they are full ripe, and pick them from the ſtalk, put them into dry bottles, cork them up very cloſe and keep them for uſe. You may do cranberries the ſame way.

To preſerve barberries for tarts.

Take barberries when full ripe and ſtrip them, take their weight in ſugar, and as much water as will wet your ſugar, give it a boil and ſkim it; then put in your berries, let them boil whilſt they look clear and your ſyrup thick, ſo put them into a pot, and when they are cold cover them up with a paper dip'd in brandy.

To preſerve fruit green all the year.

Gather your fruit when they are three parts ripe, on a very dry day, when the ſun ſhines on them, then take earthen pots with corks, or bung them that no air can get into them, dig a place in the earth a yard deep, ſet the pots therein, and cover them with the earth very cloſe, and keep them for uſe. When you take any out cover them up again as at the firſt.

To preſerve currants.

Take the weight of the currants in ſugar, pick out the ſeeds; take to a pound of ſugar half a jack of water,

it melt, then put in your fruit, and let them do leisurely, skim them, take them up, let the syrup boil then put them on again, when they are clear, and the syrup thick enough, take them off, and when they are cold put them up in glasses.

To keep asparagus, or green pease a year.

Green them as you do cucumbers, and scald them as you do other pickles made of salt and water: let it be always new pickle, and when you would use them, boil them in fresh water.

Artichokes preserved the Spanish way.

Take the largest you can get, cut the tops of the leaves off, wash them well and drain them, to each artichoke pour in a large spoonful of oil, seasoned with pepper and salt; send them to the oven, and bake them, and they will keep a year.

To keep green pease till christmas.

Take fine young pease, shell them, throw them into boiling water with some salt in, let them boil five or six minutes, throw them into a cullender to drain, then lay a cloth four or five times double on a table, and spread them on; dry them very well, and have your bottles ready, fill them and cover them with mutton fat, try'd; when it is a little cool fill the necks almost to the top, cork them, tie a bladder and a lath over them, and set them in a cool dry place. When you use them boil your water, put in a little salt, some sugar, and a piece of butter; when they are boiled enough, put them into a sieve to drain, then put them into a sauce-pan with a good piece of butter; keep shaking it round all the time till all the butter is melted, then turn them into a dish, and send them to table.

To raise a sallad in two hours at the fire.

Take fresh horse-dung hot, lay it in a tub near the fire, then sprinkle some mustard-seeds thick on it, lay a thin layer of horse-dung over it, cover it close and keep it by the fire, and it will rise high enough to cut in two hours.

To make syrup of citron.

Pare and slice your citrons thin, lay them in a bason, with layers of fine sugar. The next day pour off the liquor into a glass, skim it, and clarify it over a gentle fire.

CANDYING

CANDYING.

The manner of clarrifying ſugar, and the different ways of boiling it.

SINCE the ground-work of the confectioner's art depends on the knowledge of clarifying and boiling ſugars, I ſhall here diſtinctly ſet them down, that the terms hereafter mentioned may the more eaſily be underſtood, which, when thoroughly comprehended, will prevent the unneceſſary repititions of them, which would incumber the work, and confound the practioner, were they to be explained in every article as the variety of the matter ſhould require; I ſhall through the whole treatiſe ſtick to theſe denominations of the ſeveral degrees of boiling, *viz.* clarifying, ſmooth, blown, feathered, crackled, and carmel.

To clarify ſugar.

Break into your preſerving pan the white of one egg, and put in four quarts of water, beat it to a froth with a wiſk, then put in twelve pounds of ſugar, ſet it over the fire, when it boils up put in a little cold water which will cauſe it to ſink, let it riſe again, then put in a little more water, ſo do for four or five times, till the ſcum appears thick on the top, then remove it from the fire, and let it ſettle; then take off the ſcum, and paſs it through your ſtraining bag.

Note, If the ſugar doth not appear very fine, you muſt boil it again before you ſtrain it, otherwiſe in boiling it to any height, it will riſe over the pan, and give the artiſt much trouble.

To boil ſugar to a degree call'd ſmooth.

When your ſugar is thus clarifyed, put the quantity you ſhall have occaſion for over the fire to boil ſmooth, which you will prove by dipping your ſcummer into the ſugar and then touching it with your finger and thumb, in opening them you will ſee a ſmall thread drawn between which immediately breaks, and remains in a drop on your thumb; thus it is a little ſmooth, then boiling it more, it will run into a large ſtring, then it is become very ſmooth.

The blown ſugar.

Boil it longer than the former, and try it thus; dip in your ſcummer, ſhake off what ſugar you can into the pan, then blow with your mouth ſtrongly through the holes, and if certain bubbles blow through, it is boiled to a degree called blown.

The feathered ſugar.

It is boiled to a high degree, which is proved by dipp the ſcummer in, ſhake it firſt over the pan, giving a ſud ſlort behind you, if it be enough the ſugar will fl like feathers.

The crackled boiling.

Is proved by dipping a ſtick into the ſugar, which T diately remove into a pan of cold water, drawing ſugar that cleaves to the ſtick, and if it is hard and w in the water, it is enough; if not, you muſt boil comes to that degree. Your water muſt be alw cold, or it will deceive you.

The carmel ſugar.

Is boiled yet longer, and proved by dipping a in the ſugar, then in the water, as before; wh to the carmel height, it will ſnap like glaſs the touches the cold water, which is the higheſt and of boiling ſugar. Take care your fire be not wher you boil this, leaſt flaming up the ſides of y it ſhould occaſion your ſugar to burn, and ſo diſcolour

To candy oranges, lemons, and citron.

Drain them clean from the ſyrup, waſh it in water, and lay it on a ſieve to drain; then tak clarifyed ſugar as will cover what you will can it till it blows very ſtrong, then put in your ri them till it blows again; then take it from let it cool a little; then with the back of a ſugar againſt the inſide of your pan, till yo becomes white; then with a fork take ou y one, and lay them on a wire grate to n your faggots and boil them, rub th them up in bunches, cut them with hat bigneſs you pleaſe, laying them

Thus you candy all ſorts of oranges and lemon-peel, or chips. —Lemon rings and faggots are done the ſame way, with this diſtinction only, that the lemons ought to be pared twice over, that the ring may be the whiter; ſo you will have two ſorts of faggots: but you muſt be ſure to keep the outward from the other, elſe it will diſcolour them.

To candy cherries.

Gather and ſtone them before they are full ripe, ar ving boiled your fine ſugar to a height, pour it on the tly moving them, and ſo let them ſtand till almoſt co hen take them out, and dry them by the fire.

To candy barberries and grapes.

ake preſerved barberries, waſh off the ſyrup in water, ift fine ſugar on them; then let them be dryed in ſtove, turning them from time to time, till they are gh dry. Preſerved grapes may alſo be candied after ne manner.

To candy orange or lemon-peels.

ing ſteeped your orange-peel, as often as you ſhall onvenient in water, to take away the bitterneſs; be gently dryed and candyed with ſyrup made

To candy apricots.

muſt ſlit them on one ſide of the ſtone, nd pu ar on them; lay them one by one on a diſh an them in a pretty hot oven; then take them ou h, and dry them on glaſs plates in an oven for th days.

To make barley ſugar.

rley water, ſtrain it through a hair-ſieve, ther coction into clarifyed ſugar, brought to a candy he laſt degree of boiling, then take it off the he boiling ſettle, then pour it upon a marble with the oil of olives, when it cools and be- hard, cut it into pieces, and rub into lengths

To make lemon drops.

of loaf ſugar, beat and ſift it very fine lemon and put it to your ſugar;

the whites of three eggs and whisk them to a froth, squeeze in some lemon to your taste, beat them for half an hour, and drop them on white paper; be sure you let the paper be very dry, and sift a little fine sugar on the paper before you drop them. If you would have them yellow take a pennyworth of gumbouge, steep it in some rose-water, mix to it some whites of eggs and a small quantity of sugar, so drop them, and bake them in a slow oven.

To make conserve of red roses, or any other flowers.

Take rose-buds or any other flowers, and pick them, cut off the white part from the red, and put the red flowers and sift them through a sieve to take out the seeds; then weigh them, and to every pound of flowers take two pounds and a half of loaf sugar; beat the flowers pretty fine in a stone mortar, then by degrees put the sugar to them, and beat it very well till it is well incorporated together; then put it in your gallipots, tie it over with a paper, over that a leather, and it will keep seven years.

To make syrup of roses.

Infuse three pounds of damask rose-leaves in a gallon of warm water, in a well glazed earthen pot; with a narrow mouth, for eight hours, which stop close, that none of the virtue may exhale; when they have infused so long, heat the water again, squeeze them out, and put in three pounds more of rose-leaves, to infuse for eight hours more, then press them out very hard; then to every quart of this infusion add four pounds of fine sugar, and boil it to syrup.

To make conserve of hips.

Gather hips before they grow soft, cut off the heads and stalks, slit them in halves, take out all the seeds and white that is in them very clean, then put them into an earthen pan, and stir them every day, or they will grow mouldy. Let them stand till they are soft enough to rub through a coarse hair sieve, as the pulp comes take it off the sieve; [illegible] a dry berry, and will require pains to rub them [illegible]; then add its weight in sugar, mix them well [illegible], without boiling, and keep it in deep gallipots

CAKES, CHEESECAKES, CUSTARDS, &c.

CAKES.

How to make a pound cake

TAKE a pound of butter, beat it in an earthen pan with your hand one way, till it is like a thick cream, then have ready twelve eggs, only six whites, and beat them up with the butter, beat in a pound of sugar, a pound of flour, and a few carraway seeds; beat all well together for an hour, butter your tin, then put in the cake, and bake it an hour in a quick oven. Some like a pound of currants in it.

To make a plumb cake.

Take half a peck of flour, half a pint of rose water, a pint of cream, a pint of ale yeast, boil it, then add a pound and a half of butter, six eggs, without the whites, four pounds of currants, half a pound of sugar, a nutmeg, and a little salt, work it very well, and let it stand an hour by the fire; then work it again, and bake it an hour and a half. Take care the oven be not too hot.

To make an exceeding fine plumb cake.

Take a qurter of a peck of the best flour, dry it, wash and pick clean three pounds of currants, set them before the fire to dry, half a pound of blanched almonds, beaten fine with rose-water, half a pound of raisins of the sun, washed stoned and shred small, a pound of butter melted with a pint of cream, but it must not be put in hot, half a pint of ale-yeast, a pennyworth of saffron steeped in a pot of sack, ten or twelve eggs, half the whites, a quarter of an ounce of cloves, and mace, one large nutmeg grated, a few carraway seeds, candied orange, citron and lemon peel sliced; you must make it thin, or there must be more butter and cream; you must perfume it with ambergris tied in a muslin bag, and steeped in the sack all night; you ice it, take half a pound of double refined sugar

then put in ſome of the ſugar and beat it up with the white of an egg, and beat it with a wiſk, and a little orange flower water, but do not over wet it; then put in all the ſugar, and beat it all near an hour; the cake will take ſo long a baking; then draw it, and waſh it well over with a bruſh, and put it in again for half a quarter of an hour.

How to make a good ſeed cake.

Take two pounds of butter beaten to a cream, a quarter of a peck of flour, a pound and three quarters of fine ſugar, three ounces of candied orange-peel and citron, one ounce of carraway-ſeeds, ten eggs, and but five whites, a little roſe-water, a few cloves, mace, and nutmeg, ſome new yeaſt, and half a pint of cream, then bake it in a hoop, and butter your paper, when it is baked ice it over with the whites of eggs and ſugar, and ſet it in the oven again to harden.

How to make a light ſeed cake.

Take half a quarter of a peck of flour, ſome ginger, three eggs well beat, three ſpoonfuls of ale yeaſt, half a pound of butter, and ſix ounces of fine ſmooth carraway ſeeds, and work it warm together with your hand.

To make a cheap ſeed cake.

Put a pound and a half of butter in a ſauce-pan, with a pint of new milk, ſet it on the fire; take a pound of ſugar, half an ounce of all-ſpice beat fine, and mix them with half a peck of flour. When the butter is melted, pour the butter and milk in the middle of the flour and work it up like paſte. Pour in with the milk half a pint of good ale yeaſt, and ſet it before the fire to riſe, juſt before it goes to the oven.——You may either put in carraway ſeeds or currants, and bake it in a very quick oven.

N. B. If you make two cakes they will take an hour and a half baking.

To make little fine cakes.

One pound of flour, half a pound of ſugar, beat half a pound of butter with your hand, mix all well together, and bake it in little cakes.

To

To make Shrewſberry cakes.

Take two pounds of flour, a pound of ſugar finely ſearched, mix them together, (take out a quarter of a pound to roll them in) take four eggs beat, four ſpoonfuls of cream, and two ſpoonfuls of roſe-water; beat them well together, and mix them with flour into a paſte, roll them into thin cakes, and bake them in a quick oven.

To make queen cakes.

Take a pound of fine flour dried well, nine eggs, a pound of loaf ſugar beat and ſifted, put one half to your eggs, and the other to your butter; take a pound of butter and melt it without water, put it into a ſtone bowl, when it is almoſt cold put in your ſugar, and a ſpoonful or two of roſe-water, beat it quick for half an hour, till it is as white as cream; beat the eggs and ſugar very quick and as long, whilſt they are white; mix all together; then take half a pound of currants well cleaned, and a little ſhred mace, ſo you may fill one part of the tins before you put in the currants; you may put a quarter of a pound of almonds ſhred (if you pleaſe) into them, that is without currants; you may ice them, but do not let the iceing be thicker than you may lye on with a little bruſh.

To make wiggs.

Take two pounds of flour, a pound of butter, a pint of cream, four eggs, (leaving out two of the whites) and two ſpoonfuls of yeaſt, ſet them to riſe a little, when they are mixed, add half a pound of ſugar, and half a pound of carraway comfits, make them up with the ſugar, and bake them in a dripping pan.

To make pepper cakes.

Take half a gill of ſack, half a quarter of an ounce of whole white pepper, put it in and boil it together a quarter of an hour, then take the pepper out, and put in as much double-refined ſugar as will make it like a paſte, then drop it in what ſhape you pleaſe on plates, and let it dry itſelf.

To make ginger-bread cakes.

Take three pounds of flour, one pound of ſugar, one pound

pound of butter rubbed very well, two ounces of ginger beat fine, a large nutmeg grated; then take a pound of treacle, a quarter of a pint of cream, make them warm together, and make up the bread ſtiff; roll it out, and make it up into thin cakes, cut them out with a tea-cup, or ſmall glaſs, roll them round like nuts, and bake them on tin plates in a ſlack oven.

To make ginger-bread another way.

Take three quarts of fine flour, two ounces of beaten ginger, a quarter of an ounce of nutmeg, cloves, and mace beat fine, but moſt of the laſt; mix all together, three quarters of a pound of fine ſugar, two pounds of treacle, ſet over the fire, but do not let it boil; three quarters of a pound of butter melted in the treacle, ſome candied lemon and orange-peel cut fine; mix all theſe together well. An hour will bake it in a quick oven.

To make makeroons.

Take a pound of almonds, let them be well ſcalded, blanched, and thrown into cold water, then dry them in a cloth, and pound them in a mortar, moiſten them with orange-flower water, or the white of an egg, leſt they turn to oil; afterwards take an equal quantity of fine powder ſugar, with three or four whites of eggs and ſome milk; beat all well together, and ſhape them on wafer-paper, with a ſpoon round. Bake them on tin.

To make biſcuits.

Beat up ſix eggs with two ſpoonfuls of roſe-water and ſack, then add a pound of ſugar powdered, and a pound of flour; mix them into the eggs by degrees, and an ounce of corriander ſeeds, mix all well together, ſhape them on white thin paper, or tin moulds, in any form you pleaſe; beat the white of an egg, rub them over with a feather, and duſt fine ſugar over them; ſet them in a ſlow oven till they riſe and come to a good colour, take them out, and when you have done with the oven, if you have no ſtove to dry them in, put them into the oven again, and let them ſtand all night.

To make buns.

Take two pounds of flour, a pint of yeaſt, put a little ſack in the yeaſt, and three eggs beaten, knead all together with a little warm milk, a little nutmeg, and a little ſalt; then lay it before the fire till it riſes very light, then knead in a pound of freſh butter, a pound of rough carraway comfits, and bake them in a quick oven, in what ſhape you pleaſe, on floured paper.

To make cheeſe-cakes.

Take the crud of a gallon of milk, three quarters of a pound of butter, two grated biſcuits, two ounces of blanched almonds pounded with ſome orange-flower water, half a pound of currants, ſeven eggs, ſugar and ſpice; beat it up with a little cream till it is very light, then fill your cheeſe-cakes.

To make rice cheeſe-cakes.

Boil two quarts of cream or milk a little while, with whole mace and cinnamon, then take it off the fire, take out the ſpice, and put in half a pound of rice-flour, make it boil, ſtirring it together, then take it off, and beat the yolks of twenty-four eggs, ſet it on the fire again, and keep it continually ſtirring till it is thick as cruds; add half a pound of blanched almonds pounded, and ſweeten it to your palate; or if you chuſe you may put in half a pound of currants picked and rubbed in a clean cloth.

To make lemon cheeſe-cakes.

Take two large lemon-peels, boil and pound them well together in a mortar, with about ſix ounces of loaf ſugar, the yolks of ſix eggs, and half a pound of freſh butter; pound and mix all well together, and fill the patty-pans about half full. Orange cheeſe-cakes are done the ſame way, only you boil the peel in two or three waters, to take out the bitterneſs.

To make almond cheeſe-cakes.

Take half a pound of jordan almonds, and lay them in cold water all night, the next morning blanch them in cold water; and take them out, and dry them in a clean cloth, beat them very fine in a little orange-flower water; then take

take ſix eggs, leave out the whites, beat and ſtrain them, then half a pound of white ſugar, with a little beaten mace; beat all well together in a marble mortar, take ten ounces of freſh butter, melt it, a little grated lemon-peel, beat them with the other ingredients, mix all well together, and fill your pans.

An excellent paſte for cuſtards.

Take a pound of flour, twelve ounces of butter, the yolks of four eggs, ſix ſpoonfuls of cream, mix them together, and let them ſtand near twenty minutes, then work it up and down, and roll it very thin.

To make a cuſtard.

Boil a quart of cream or milk, with a ſtick of cinnamon, large mace, and a quartered nutmeg, when half cold, mix it with eight yolks of eggs, and four whites, well beat, ſome ſack, ſugar, and orange-flower water; ſet all on the fire, and ſtir it till the froth riſes, which ſkim off; then ſtrain it, and fill your cruſts, which ſhould be firſt dried in the oven, and which you muſt prick with a needle before you dry them, to prevent their riſing in bliſters; or you may put it in cups, without the paſte.

To make plain cuſtards.

Take a quart of new milk, ſweeten it to your taſte, grate in a little nutmeg, beat up eight eggs well, leave out half the whites, ſtir them into the milk, and bake it in china diſhes; or put them in a kettle of boiling water, taking care the water does not come above half way up the baſons, for fear of its getting into them; you may add a glaſs of brandy, or ſome roſe-water in the making.

To make an almond cuſtard.

Firſt blanch your almonds, then pound them in a mortar very fine, add ſome milk in the beating, preſs it thro' a ſieve, and bake it as the cuſtards above-mentioned, and bake it in cups.

To make a cream cuſtard.

Grate the crumb of a penny loaf very fine, and mix it with a good piece of butter, and a quart of cream, beat the yolks of twelve eggs with cream, ſweeten them with

ſugar,

ſugar, let them thicken over the fire, make your cuſtard ſhallow, bake them in a gentle oven, and when they are baked, ſtrew fine ſugar over them.

To make a rice cuſtard.

Firſt boil a quart of cream with a blade or two of mace, then put to it boiled ground rice, well beaten with the cream, mix them together, and ſtir them well all the while it boils, and when it is enough. take it off, and ſweeten it as you like, and put in a little roſe-water, and ſerve it cold.

To make a white pot.

Take a quart of milk, the crnmb of a halfpenny roll, beat up the yolks of ſix eggs with roſe-water, ſome grated nutmeg cnd cinnamon, and ſweeten it to your liking, lay in your pan ſome good marrow or butter, and put in all the ingredients, but take care they are all well mixed together, or it will curdle, then put it into the oven, not too hot, and when you ſerve it up, grate ſome fine ſugar over it.

To make Syllabubs, Creams, and Flummery.

To make a fine ſyllabub from the cow.

SWEETEN a quart of cyder with double refined ſugar, grate a nutmeg into it; then milk the cow into your liquor, when you have added what quantity of milk you think proper, pour half a pint or more (in proportion to the quantity of ſyllabub you make) of the ſweeteſt cream over it.

A whipped ſyllabub.

Take two porringers of cream and one of white wine, grate the ſkin of a lemon, take the whites of three eggs, ſweeten it to your taſte, then whip it with a whiſk, take off the froth as it riſes and put it in your ſyllabub glaſſes, and they are fit for uſe immediately.

To make a fine cream.

Take a pint of cream, ſweeten it to po r palate, grate

ſome

ſome nutmeg, put in a ſpoonful of orange-flower water, roſe-water, and two ſpoonfuls of ſack beat up four eggs and two whites, ſtir it all together one way over the fire till it is thick, then pour it in cups.

Lemon cream.

Take the juice of four large lemons, half a pint of water, a pound of double refined ſugar beaten very fine; mix all well together and ſtrain it, ſet it on a gentle fire, ſtirring it all the while and ſkim it clean; put it into the peel of one lemon when it is very hot, but not to boil; take out the lemon-peel and pour it into china diſhes, and ſerve it up.

Raſberry cream.

Take a quart of ſweet thick cream, and boil it two or three wallaps, then take it off the fire and ſtrain ſome juice of raſberries into it to your taſte. ſtir it ſome time before you put your juice in, and afterwards ſtir it one way for almoſt a quarter of an hour, then ſweeten it to your taſte.

Whipped cream.

Take a quart of thick cream, the whites of eight eggs beaten with half a pint of ſack: mix it together, ſweeten it to your taſte with double refined ſugar; you may perfume it (if you pleaſe) with muſk or amber-greaſe tied in a rag, ſteeped in the cream. Whip it up with a whiſk, and a piece of lemon peel tied in the middle of the whiſk. Take off the froth with a ſpoon, and lay it in your glaſſes or baſons.

Jelly of cream.

Take four ounces of hartſhorn, put it into three pints of water, let it boil till it is a ſtiff jelly, you will know by taking a little in a ſpoon to cool; then ſtrain it off, and add to it half a pint of cream, two ſpoonfuls of roſe-water, two ſpoonfuls of ſack, and ſweeten it to your taſte; then give it a gentle boil, but keep ſtirring it elſe it will curdle; then take it off, and ſtir it till it is cold, then put it into broad bottom cups, let them ſtand all night, and turn them into a diſh; take half a pint of cream, two ſpoonfuls of roſe-water, and as much ſack, ſweeten to your palate, and pour over them.

To make a trifle.

Cover the bottom of a diſh or bowl with Naples biſcuits broken in pieces; mackeroons broke in halves, and ratifia cakes. Juſt wet them through with ſack, then make a good boiled cuſtard not too thick, and when cold pour it over them, then put a ſyllabub over that. Garniſh with ratifia cakes, currant jelly and flowers.

To make flummery.

Take a large calf's foot and cut out the great bones and boil them in two quarts of water, then ſtrain it off, and put to the clear jelly half a pint of thick cream, two ounces of ſweet almonds, and one of bitter almonds, beaten together. Let it juſt boil and then ſtrain it off, and when it is as cold as milk from the cow, put it into cups or glaſſes.

Calf's feet jelly.

Cut four calf's feet in pieces, put them in a pipkin with a gallon of water, cover them cloſe, and boil them ſoftly till almoſt half be conſumed, run the liquor through a ſieve and let it ſtand till cold. Then with a knife take off the fat at top and bottom, and melt the fine part of the jelly in a preſerving pan or ſkillet, and put in a pint of Rheniſh wine, the juice of four or five lemons, double refined ſugar to your taſte, the whites of eight eggs beaten to a froth, ſtir and boil all theſe together near half an hour, then ſtrain it thro' a ſieve into a jelly bag, put into your jelly bag a very ſmall ſprig of roſemary and a piece of lemon-peel, paſt it through the bag till it is as clear as water.

Hartſhorn jelly.

Take half a pound of hartſhorn, and put into an earthen pot with two quarts of ſpring water, cover it cloſe and ſet it in the oven all night, then ſtrain it in a pipkin with half a pound of double refined ſugar, half a pint of Rheniſh wine, the juice of three or four lemons, three or four blades of mace, the whites of three or four eggs well beaten, and mix it ſo that it may not curdle. Set it on the fire till there ariſeth a thick ſcum, run it through a napkin or jelly bag, and turn it up again, whilſt it is quite clear.

Jelly of apples.

Cut your apples into pieces and boil them over the fire with

with water in a copper pan, till they reſemble marmalade; then ſtrain them through a linen cloth or ſieve, and put three quarters of a pound of cracked ſugar to every quart of liquor; boil it all to a degree between ſmooth amd pearled, taking off the ſcum as it riſes.

If you chuſe the jelly of a red colour, add ſome red wine or prepared cochineal, keeping it covered.—After the ſame manner you may make the jelly of pears and other fruit.

Clear pippin jelly.

Take twelve or fourteen of the beſt ſort of pippins, pare them and fling them into cold water, then put them into a ſkellet with a quart of runing water, ſet them on the fire and let them boil as faſt as can be, till the liquor is half boiled away, then take them off and ſtrain the juice through a piece of holland, then take a pint of that juice, put it into a ſkellet, and put to it a pound of double refined ſugar, then ſet it on the fire having one to blow it, that it may boil very faſt, and take off the ſcum as it riſes; and and when it has boiled quick rather better than a quarter of an hour, put in four ſpoonfuls of the juice of lemons, keeping it ſtill boiling and ſkimming; keeping it ſometimes in a plate, and when you find that it will jelly, take it off and put it up in glaſſes.

To make white currant jelly.

Take currants that are juſt ripe, ſtrip them from the ſtalks into a ſkellet, and cover them with ſpring water, that is, half a point of water to a pint of currants, ſet them on a gentle charcoal fire, and let it ſtew till the currants are diſſolved, then let the juice run from them through a jelly bag, and to every pound of that take a pound of double refined ſugar, wet it with fair water, and boil it to a high candy; then put in your currant juice, and let it have but one boil, then put in the juice of a lemon to your taſte, let it have a heat (but boil it no more after the lemon is in) and glaſs it.

To make raſberry jam.

Take a pint of currant jelly and a quart of raſberries, bruiſe them well together, ſet them over a ſlow fire, ſtir it till it boils, let it boil five or ſix minutes, put it in gallipots, and keep it for uſe.

BREAD

BREAD MAKING.

To make French Bread.

THREE quarters of flour is made into bread thus; take three pints of water, and one of milk, feaſon with ſalt; then take three quarters of a pint of ale yeaſt, and lay in two quarts of water the night before; after pouring it off, ſtir your yeaſt into the milk and water; break in about two ounces of butter, diſſolve it well; then beat up an egg, and ſtir it in, then add theſe articles to your flour. In cold weather your dough ſhould be much ſtiffer than in ſummer; take care it be well mixed, make it into ſmall rolls, then put them into a briſk oven, and take care they do not burn; when they have laid twenty four minuets in them, and let them lay for the ſame ſpace of time; afterwards take them out and raſp them. The liquor is to be ſtirred into the flour as is done for pye-curſt; after the dough is made it muſt be covered with a cloth, and muſt lie a few minutes to riſe.

To make white bread after the London way.

Take a buſhel of fine flour, a gallon of water and ſome yeaſt, mix the water and yeaſt together till it looks of a good brown colour and begins to crudle, then ſtrain it and mix it with you flour till it is thick; then cover it, and let it ſtand three hours; as ſoon as it begins to fall take a gallon more of water, and three quarters of a pound of ſalt, mix the water and ſalt together, ſtrain it and with this liquor make your dough of a moderate thickneſs, fit to make up into loaves; cover it again, and let it ſtand three hours more. It will take three hours baking. In ſummer your water muſt be milk-warm, and in winter as hot as you can bear it.

Note, As to the exact quantity of liquor your dough will take, experience will teach you in two or three times making, for all flour does not want the ſame quantity of liquor; and if you make any quantity, it will riſe up the lid and run over, when it has ſtood its time.

To make muffins, oat-cakes, &c.

Hertfordſhire flour being reckoned the beſt, it is generally made uſe of on thoſe occaſions; therefore, take half a buſhel of the fineſt ſort, three quarters of a pint of fine ale yeaſt; let it lie in water all night, in the morning pour of the water clear, then take a gallon of water, milk-warm, to which add one ounce of ſalt, mix the water, ſalt, and yeaſt, well together, for about twelve minutes, and ſtrain it, and mix your dough as light as poſſible; let it lie in your trough an hour to riſe, then hand roll it, pull it into ſmall pieces, roll it like a ball, lay them on a board, and as faſt as you do them, lay a flannel over them, which the dough muſt be kept covered with; when you have rolled out all your dough, begin baking, by the time your firſt is done, the other will be ſpread out in the form they ſhould be; when one ſide begins to change colour on the iron, they muſt be turned; do not let them burn, which they are apt to do, if the middle of the iron be too hot. The iron made uſe of, is ſet up like a copper, and fire kept the ſame way, only where the lid of the copper lies, there muſt the iron be placed.

Muffins are made the ſame way, only remember when you pull them to pieces, roll them in a deal of flour, then roll them thin, cover them with a flannel, and they will riſe to a ſufficient thickneſs; when you toaſt them, do not cut them with a knife, (it makes them heavy) but pull them down.

To make bread without yeaſt.

Take two pounds of the dough of your laſt making, which had been raiſed by yeaſt, it muſt be kept in a wooden veſſel, and covered with flour, this is called leaven; the night before you intend to bake it, put the ſaid lump of dough into a peck of flour, and work it well together with warm water, lie it in a wooden veſſel, covered with a linen cloth, and a blanket, remembering to keep it warm; the next morning it will riſe ſo as to be ſufficient to mix with more than two buſhels of flour, being worked up with warm water and ſome ſalt. When ſufficiently worked, let

it

it be well covered as before, till you find it riſe, then knead it well, and make it into what form you pleaſe. The more leaven is put to the flour, the better and lighter the bread will be, and the freſher the leaven, the bread will be leſs ſour.

Always keep by you two or more pounds of the dough of your laſt baking well covered with flour to make leaven to ſerve from one baking day to another; the more leaven is put to the flour, the lighter and ſpungier the bread will be. The freſher the leaven, the bread will be the leſs ſour. From the Dublin ſociety.

A method to preſerve a large ſtock of yeaſt, which will keep and be of uſe for ſeveral months, either to make bread or cakes.

When you have yeaſt in plenty, take a quantity of it, ſtir and work it well with a whiſk, untill it becomes thin, then get a large wooden platter, or tub, clean and dry, and with a ſoft bruſh lay a thin layer of yeaſt on the tub, and turn the mouth downwards that no duſt may fall upon it, but ſo that the air may get under to dry it; when that coat is very dry, lay on another coat and let it dry, and ſo go on to put one coat upon another, till you have a ſufficient quantity, even two or three inches thick, to ſerve for ſeveral months, always taking care the yeaſt in the tub be very dry before you lay more on. When you uſe it, cut a piece off, lay it in warm water, ſtir it together, and it will be fit for uſe. If it is for brewing, take a large handful of birch tied together, dip it into the yeaſt and hang it up to dry, take great care no duſt comes to it, and ſo do as many as you pleaſe. When your beer is ſet to work throw in one of theſe, and it will make it work as well as if you had freſh yeaſt. You muſt whip it about in the wort, and then let it lie; when the fat works, take out the broom, dry it again, and it will do for the next brewing.

Note, In the building of your oven for baking, obſerve that you make it round, low roofed, and a little mouth; then it will take leſs fire, and keep in the heat better than a long oven and high roofed, and will bake the bread better.

THE

THE

Art of Making Wines,

From Fruits, Flowers, and Herbs,

All the native growth of GREAT BRITAIN,

Particularly of

Grapes,	Dewberries,	Damſons,	Orange,
Goſberries,	Apples,	Figs,	Sage,
Currants,	Pears,	Roſes,	Turnip,
Raſberries,	Cherries,	Cowſlips,	Cyprus Wine,
Mulberres,	Peaches,	Scurvy Grafs	imitated.
Elderberries	Apricots,	Mint,	Gilliflower,
Blackberries	Quinces,	Balm,	Mead, &c. &c.
Strawberries	Plums,	Birch,	&c. &c.

With a ſuccint account of their Medicinal Virtues.

And the moſt approved Receipts for

Making RAISIN WINE.

The whole comprehending many ſecrets relative to the Myſtery of Vintners, never before made public; ſhewing not only how to prevent thoſe accidents to which all Wines are liable, but abſolutely to retrieve thoſe that are actually tainted, and give them the moſt agreeable Flavour.

THAT the fertility and produce of Great-Britain equals any nation under Heaven, in every thing which conduces to the ſubſiſtence, health and riches of its inhabitants, will not at this time, after ſo many demonſtrations and proofs, be queſtioned. England is ſtiled by foreigners the ſtore-houſe and granary of Europe; and nothing but want of ſkill and induſtry can at preſent hinder us from making thoſe wholeſome liquors called Made Wines, among many other things, at leaſt as good

if not ſuperior to thoſe brought from abroad, to the great exhauſting of our treaſure, and the manifeſt detriment of our inland trade particularly; nay, I muſt beg leave to affirm, that the liquors produced of our natural growth, are not only as pleaſant in taſte, if rightly made and prepared, as any other, but fare more agreeable to the conſtitution of Engliſhmen, by contributing to their natural health and vigour; and, if not taken to exceſs, they lengthen life, and free old age from thoſe calamities that adulterated foreign wines and other liquors too often occaſion; which is evident from the innumerable pains and diſeaſes their ſediments entail, by corrupting the good, or creating bad humours in the body.

To make wines of the grapes of the growth of England.

When the vines are well grown, ſo as to bring full cluſters, be careful to diſencumber them of ſome part of their leaves that too much ſhades the grapes, but not ſo much in a hot ſeaſon, as that the ſun may too ſwiftly draw away their moiſture, and wither them: ſtay not till they are all ripe at once, for then ſome will be over-ripe, or burſt, or incline to rot before the underlings are come to perfection; but every two or three days pick off the choice and ripeſt grapes, and ſpread them in dry ſhady places ſideways, that they contract not a heat and muſt; by which means thoſe that remain on the cluſters having more juice to nouriſh them, will grow bigger, or be ſooner ripe; and when you have got a ſufficient quantity, put them into an open veſſel, and bruiſe them well with your hands; or if the quantity be too large, gently preſs them with a flat wooden beater, that is, a thick board faſtened at the end of a ſtaff; as for treading them with the feet, as practiſed in France, and other countries, I cannot approve thereof, it being a naſty ſlovenly way. Take care you break the ſtones as little as may be, for that will make the wine of a bitteriſh twang.

Having bruiſed the grapes well, ſo that they are become pulp, or maſh, provide a tap at the bottom of your caſk, tie a hair-cloth over the toſſet, and let out that which

which will run voluntarily of itſelf, as the beſt wine; then take out the pulp, and gently preſs it by degrees in a cyder-preſs, till the liquor is ſufficiently drained out; provide a new cask, well ſeaſoned, and aired with a lighted rag dipped in brimſtone till it becomes dry, pour the liquor in through a ſieve funnel to ſtop the dregs, and let it ſtand only with a pebble ſtone lightly laid on the bunghole to ferment, and refine itſelf, ten or twelve days; then draw it gently off into another cask, well ſeaſoned, that the lees or dregs may remain in the firſt cask, and ſtop it no other way than before, till it has quiet paſſed over its ferment, which you may know by its coolneſs and pleaſant taſte: and thus of your ordinary white grapes, you may make a good white ſort of wine; of the red grapes, claret; and if it ſhould want colour, heighten it with a little braſil, boiled in about a quart of it, and ſtrained very clear. The white grapes, not too ripe, give a good rheniſh taſte, and are wonderfully cooling.

There is a ſort of muſcadel grapes, growing now in many parts of England, which may be brought by the help of a little loaf-ſugar to feed on, to produce a curious ſweet wine, little differing from canary, and altogether as wholeſome and pleaſant.

If the wine require racking, the beſt time to do it is when the wind is in the North, and the weather temperate and clear; in the increaſe of the moon, and when ſhe is underneath the earth, and not in her full height.

If the wine rope, to alter it take a coarſe linen cloth, and when you have ſet the caſk a-broach, ſet it before the bore, then put in the linen, and rack it into a dry caſk; put in five or ſix ounces of allom in powder, and jumble them ſo that they may mix well. On ſettling, it will be fined down, and become very clear and pleaſant wine; but of fining and ordering wine and other liquors, I ſhall take occaſion to treat more at large hereafter.

To make gooſberry wine.

When the weather is dry, gather your gooſberries about the time they are half ripe; pick them clean, and

put the quantity of a peck in a convenient veſſel, and bruiſe them with a piece of wood, taking as much care as poſſible to keep the ſeeds whole. When you have done this put the pulp into a canvaſs or hair bag, and preſs out all the juice; and to every gallon of the gooſberries, add about three pounds of fine loaf ſugar; mix it all together by ſtirring it with a ſtick, and, as ſoon as the ſugar is quite diſſolved, pour it into a convenient caſk, that will hold it exactly; and according to the quantity let it ſtand, viz. if about eight or nine gallons, it will take a fortnight; if twenty gallons, forty days, and ſo in proportion; taking care the place you ſet it in be cool. After ſtanding the proper time, draw it off from the lees, and put it into another ſweet veſſel of equal ſize, or into the ſame, after pouring the lees out, and making it clean; let a caſk of ten or twelve gallons ſtand about three months, and twenty gallons five months; after which it will be fit for bottling off.

Its virtues.] This is a curious cooling drink, taken with great ſucceſs in all hot diſeaſes, as fevers, ſmall-pox, the hot fit of the ague; it ſtops laxation, is good in the bloody flux, cools the heat of the liver and ſtomach, ſtops bleeding and mitigates inflammations; it wonderfully abates flufhing and redneſs of the face, after hard drinking, or the like provokes urine, and is good againſt the ſtone; but thoſe that are of a very phlegmatic conſtitution ſhould not make uſe of it.

To make and order currant wine.

Take four gallons of curious cooling ſpring, or conduit water, let it gently ſimmer over a moderate fire, ſcum it well, and ſtir into it eight pounds of the beſt virgin-honey; when that is thoroughly diſſolved, take off the water, and ſtir it well about to raiſe the ſcum, which take clean off and cool.

When it is thus prepared, preſs out the like quantity of juice of red currants moderately ripe, without any green ones among them, which being well ſtrained, mix it well with the water and honey, then put them up in a caſk, or large earthen veſſel, and let them ſtand upon the fermen-

twenty

twenty-four hours; then to every gallon add two pounds of loaf, or other fine ſugar, ſtir them well to raiſe the ſcum, and, when well ſettled, take it off, and add half an ounce of cream of tartar, with a little fine flour, and the whites of two or three eggs, which will refine it; and when it is well ſettled and clear, draw it off into a ſmall veſſel, or bottle it up, keeping it in a cool place.

Of white currants a wine after the ſame manner may be made, that will equal in ſtrength and pleaſantneſs many ſorts of white wine; but as for the black, or Dutch currants I approve not of them, but in midicinal wines, of which I ſhall have ſome occaſion to ſpeak hereafter.

Another way of making currant wine.

After gathering your currants, which you muſt do when the weather is dry, and they are full ripe, ſtrip them carefully from the ſtalk, ſo as not to bruiſe them with your fingers; put them into a pan, and bruiſe them with a convenient wooden peſtle; then let it ſtand about twenty hours (according to the quantity) after which ſtrain it through a ſieve. Add three pounds of fine powder-ſugar to every four quarts of the liquor, and then ſhaking or ſtirring it well, fill your veſſel, and put about a quart of good brandy to every ſix or ſeven gallons: As ſoon as it is fine, which will be in four or five weeks, you muſt bottle it off. If it ſhould not prove quite clear, draw it off into another veſſel, and let it ſtand about ten days, and then bottle it off.

Their virtues.] They allay the burning eagerneſs of thirſt, are cooling in fevers, reſiſt putrefaction, ſtay vomiting, corroborate the heart, and fortify the ſtomach. Currrant wine is drank with ſucceſs by thoſe that have the fits of the mother; it drives epilepſy, and provokes the courſes in women.

*To make * raiſin wine.*

To two hundred weight of raiſins put about forty-four gallons of water, wine-meaſure; ſtir it up well three or

* Though raiſins are not of Engliſh growth, yet, as it is a wine in great eſteem in England, I have inſerted the method of making it.

four

four times a day: let it ſtand about three weeks, then take it off the raiſins, and tun it up; when you put it into the caſk, add about two quarts of brandy to it, which will keep it from fretting.

Let it ſtand about ten or twelve months, then draw it off from the lees, rince your caſk, and put it in again; then fine it down with three ounces of iſing-glaſs, and a quarter of a pound of ſugar-candy, diſſolved in ſome of the wine. There are many ways uſed to retrive this wine, if it ſhould chance to turn ſour, which ſeldom happens if properly made; in this caſe, the moſt ſucceſsful method is to repleniſh it with a farther addition of raiſins.

Another method of making raiſin wine.

Put two hundred weight of raiſins with the ſtalks, into a hogſhead, and fill it almoſt with ſpring water; let it ſteep about twelve days, frequently ſtirring them about, and after pouring the juice of, dreſs the raiſins. The liquor ſhould then be put together in a very clean veſſel that will exactly contain it. You will find it hiſs or ſing for ſome time, during which it ſhould not be ſtirred; but when the noiſe ceaſes, it muſt be ſtopped cloſe, and ſtand for about ſix or ſeven months: and then, if you peg it, and it proves fine and clear, rack it off into another veſſel of the ſame ſize; ſtop it up, and let it remain twelve or fourteen weeks longer; then bottle it off. The beſt way, when you uſe it, is to take a decanter, and rack it off

Their virtues.] The virtues of raiſin wine are too well known to require particular deſcription. There are few conſtitutions but what it will agree with; it ſtrengthens and comforts the heart, revives the faded ſpirits, and conduces greatly to health, if uſed with moderation.

To make wine of raſberries, the Engliſh way.

Take what quantity you pleaſe of red raſberries, when they are nearly ripe; for if they grow over ripe, they will looſe much of their pleaſant ſcent; and after clearing the huſks and ſtalks from them, ſoak them in the like quantity of fair water, that has been boiled and ſweetened with fine loaf-ſugar, a pound and an half to a gallon; when they are well ſoaked about twelve hours, take them out, put them

them into a fine linen preſſing bag, preſs out the juice into the water, then boil them up together, and ſcum them well twice or thrice over a gentle fire; take off the veſſel, and let the liquor cool, and when the ſcum ariſes take off all that you can, and pour off the liquor into a well ſeaſoned cask, or earthen veſſel; then boil an ounce of mace quite down, if poſſible, in a pint of white wine, 'till the third part of the wine be conſumed; ſtrain it, and add it to the liquor; let it ſettle two days; and when it has well ſettled and fermented, draw it off into a cask, or bottles, and keep it in a cool place.

Another method of making raſberry wine.

Your raſberries muſt be dry, full ripe, and uſed juſt after they are gathered, in order to preſerve their flavour; in proportion to one quart of fruit, put three pounds of fine powdered ſugar, and a little better than a gallon of clear water; ſtirring it five or ſix times a day, to mix the whole well together, and let it foment for three or four days; put it in your caſk, and for every gallon put in two whole eggs, taking care they are not broke in putting them in. It muſt ſtand three months at leaſt before you bottle it.

Your water ſhould be of a good flavour, for in the choice of that principally depends the making of good or bad taſted wines. Our common water here in London ſhould remain for a conſiderable time in earthen jars or vaſes.

Their virtues.] Theſe wines, either way, are a great cordial; they cleanſe the blood, prevent peſtilential air, comfort the heart, eaſe pains in the ſtomach, diſpel groſs vapours from the brain, cauſe a free breathing, by removing obſtructions from the lungs, and are ſucceſsfully taken in apoplexies.

To make wine of mulberries.

Take mulberries, when they are juſt changed from their redneſs to a ſhining black, gather them in a very dry day, when the ſun has taken off the dew, ſpread them on a fine cloth on a floor or table for twenty-four hours, boil up a gallon of water to each gallon of juice you can get out of them; ſcum the water well, and add a little cinnamon ſlightly bruiſed; put to every gallon ſix ounces of white

ſugar-

ſugar-candy finely beaten; ſcum and ſtrain the water when it is taken off and ſettled, and put to it the juice of mulberries, and to every gallon the mixture of a pint of white or rheniſh wine; let them ſtand in a caſk to purge or ſettle five or ſix days, then draw off the wine, and keep it cool.

Its virtues.] This is a very rich cordial; it gives vigour to conſumptive bodies, allays the heat of the blood, prevents qualms and pukings in women, makes the body ſoluble, helps digeſtion, and eaſes diſtempers in the bowels.

To make morella wine.

Take two gallons of white wine, and twenty pounds of morrella cherries; take away the ſtalks, and ſo bruiſe them that the ſtones may be broken: preſs the juice into the wine; put mace, cinnamon, and nutmeg, each an ounce, in a bag well bruiſed, hang it in the wine when you have put it up in a caſk, and it will be a rich drink.

To make elder-berry wine.

When the elder-berries are ripe, pick them, and put them into a ſtone jar; then ſet them in boiling water, or rather in an oven not over hot, 'till the jar is as warm as you can well bear to touch it with your hand; take the berries and ſtrain them through a ſieve, or coarſe cloth, ſqueezing them hard, and pour the liquor into a kettle. Put it on the fire, let it boil, and put in as many pounds of liſbon ſugar as there are quarts of juice, and ſcum it often. Then let it ſettle, and pour it off into a jar and cover it cloſe. I have known many people mix it with their raiſin-wine by putting half a pint of the elder ſyrup to every gallon of wine, it gives the raiſin wine an exquiſite fine flavour, equal to any foreign wine whatſoever.

Its virtues.] It is an excellent febrifuge, cleanſes the blood of acidity, venom and putrefaction, good in meaſles, ſmall-pox, ſwine-pox, and peſtilential diſeaſes; it contributes to reſt, and takes away the heat that afflicts the brain.

To make elder-flower wine.

To ſix gallons of ſpring water, put ſix pounds of raiſins of the ſun cut ſmall, and a dozen pounds of fine powder-

ſugar;

ſugar; boil the whole together about an hour an a half. Then take elder-flowers, when pretty ripe, and pull them off about half a peck. — When the liquor is cold, put the flowers in, and about a jill of lemon-juice, and half the quantity of ale yeaſt. Cover it up, and after ſtanding three days, ſtrain it off, pour it into a caſk that is quite ſweet, and that will hold it with eaſe. When this is done, put about a wine quart of rheniſh to every gallon of wine, let the bung be lightley put in for twelve or fourteen days: then ſtop it down faſt, and put in a cool dry place for four or five months, till it is quite ſettled, and fine; and bottle it off.

To make wine of black-berries, ſtraw-berries, or dew-berries.

Take of the berries, in their proper ſeaſon moderately ripe, what quantity you pleaſe; preſs them as other berries; boil up water and honey, or water and fine ſugar, as your palate beſt reliſhes, to a conſiderable ſweetneſs; and when it is well ſcummed, put the juice in and let it ſimmer to incorporate it well with the watér; and when it is done ſo, take it off, let it cool, ſcum it again, and put it up in a barrel, (or rather a cloſe-glazed earthen veſſel,) to ferment and ſettle: to every gallon put half a pint of malaga, draw it off as clear as poſſible; bottle it up, and keep it for uſe.

Their virutes.] Theſe liquors are good in fevers, afflictions of the lungs prevent the infection of peſtilential airs, beget a good apperite, and help digeſtion; are excellent in ſurfeits; and purify the blood.

To make wine of apples and pears.

As for apples, make them firſt into good cyder, by beating and preſſing, and other methods, as I ſhall direct, when I come to treat of thoſe ſort of liquors, after I have ended this of wines; and to good cyder, when you have procured it, put the herb Scurlea, the quinteſſence of wine, and a little fixed nitre, and to a barrel of this cyder, a pound of the ſyrup of honey; let it work and ferment at ſpurge holes in the caſk ten days, or 'till you find it clear and well ſettled; then draw it off, and it will be little inferior to rheniſh in clearneſs, colour, and taſte.

To

To make wine of pears, procure the tarteſt perry, but by no means that which is tart by ſowering, or given that way, but ſuch as is naturally ſo; put into a barrel about five ounces of the juice of the herb clary, and the quinteſſence of wine, and to every barrel a pound or pint of the ſyrup of black-berries: and, after fermentation and refining, it will be of a curious wine taſte, like ſherry, and not well diſtinguiſhable, but by ſuch as have very good palates, or thoſe who deal in it.

Their virtues.] Theſe wines have the nature of cyder and perry, though in a higher degree, by the addition and alteration; being cooling, reſtorative, eaſing pains in the liver, or ſpleen, cleanſing the bowels, and creating a good appetite.

To make walnut-leaf wine.

Take two pounds of brown ſugar, one pound of honey to every gallon of water; boil them half an hour, ſkim it, and put in the tub to every gallon a handful of leaves, pour the liquor on, and let it ſtand all night; then take out the leaves, and put in a pint of yeaſt, and let it work fourteen days, which will take off the ſweetneſs; then ſtop it up in a caſk, and let it ſtand about ſeven months.

Its virtues.] It is an excellent occaſional drink for conſumptive perſons.

To make wine of cherries.

Take cherries indifferently ripe, of any red ſort, clear them of the ſtalks and ſtones, and then put them into an earthen glazed pan, and with your clean hands ſqueeze them to a pulp; or you may do it with a wooden ladle, or preſſer, and let them continue twelve hours to ferment; then put them into a linen cloth, not too fine, and preſs out the juice with a preſſing board, or any other conveniency; then let the liquor ſtand till the ſcum ariſe, and with your ladle take it clean off; then pour out the clear part, by inclination, in a caſk, where to each gallon put a pound of the beſt loaf ſugar, and let it ferment and purge ſeven or eight days; draw it off, when you find it clear, into leſſer caſks, or bottles; keep it cool, as other wines, and in ten or twelve days it will be ripe.

Its

Its virtues.] This is a great cooler of the body in hot weather; chears the heart, and much enlivens nature in its decay; it is alſo good againſt pains in the head, and ſwooning fits.

To make wine of peaches and apricots.

Take peaches, nectarines, &c when they are full of juice, pare them, and take the ſtones out, then ſlice them thin, and about a gallon to two gallons of water, and a quart of white wine; put them over a fire gently to ſimmer a conſiderable time, till the ſliced fruit become ſoft: then pour off the liquid part into other peaches that have been ſo uſed and bruiſed, but not heated; let them ſtand twelve hours, ſtirring them ſometimes, and then pour out the liquid part, and preſs what remains through a fine hair bag, and put them togther into a caſk to ferment; then add of loaf ſugar a pound and a half to each gallon; then boil well an ounce of beaten cloves in a quart of white wine, and add to it, which will give a curious flavour.

Wine of apricots may be made with only bruiſing, and pouring the hot liquor on, not requiring ſo much ſweetening, by reaſon they are of a more dulci l or luſcious quality; only to give it a curious flavour, boil an ounce of mace, and half an ounce of nutmegs in a quart of white wine; and when the wine is in the ferment, pour the liquid part in hot, and hang a bunch of freſh borage, well-flowered, into the caſk by a ſtring at the bung, for three days; draw it off, and keep it in bottles, which are moſt proper to preſerve theſe ſort of wines.

Its virtues.] They are moderately warming and reſtorative, very good in conſumptions, to create an appetite, and recover decayed and waſting bodies; they looſen the hardneſs of the belly, and give eaſe to the pains of the ſtomach.

To make wine of quinces.

Gather the quinces when pretty ripe, in a dry day, rub off the dawn with a clear clean linen cloth, then lay them in hay or ſtraw, for ten days, to ſweat; cut them in quarters, and take out the core, and bruiſe them well in a maſhing-tub with a wooden beetle, and ſqueeze out the liquid part, by preſſing them in a hair bag by degrees in a cyder-preſs; ſtrain

this

this liquor through a fine ſieve, then warm it gently over a fire, and ſcum it, but ſuffer it not to boil; ſprinkle into it loaf-ſugar reduced to powder, then put in a gallon of water, and a quart of white wine, boil a dozen or fourteen large quinces thinly ſliced; add two pounds of fine ſugar, and then ſtrain out the liquid part, and mingle it with the natural juice of the quinces, put it into a caſk not to fill it, and jumble them well together; then let it ſtand to ſettle; put in juice of clary half a pint to five or ſix gallons, and mix it with a little flour and white of eggs, then draw it off, and if it be not ſweet enough, add more ſugar, and a quart of the beſt malmſey: you may, the better, boil a quarter of a pound of ſtoned raiſins of the ſun, and a quarter of an ounce of cinnamon, in a quart of the liquor, to the conſumption of a third part, and ſtraining the liquor, put it into the caſk when the wine is upon the ferment.

Its virtues.] This wine is a good pectoral, cooling and refreſhing the vital parts: it is good, moderately taken, in all hot diſeaſes; allays the fluſhing of the face, and St. Anthony's fire; takes away inflammations, and is very beneficial in breaking out, blotches, boils, or ſores.

To make birch wine.

As this is a liquor but little underſtood, I ſhall be as particular in my directions concerning it. In the firſt place, as to the ſeaſon for getting the liquor from birch trees, which ſometimes happens the latter end of February or beginning of March, before the leaves ſhoot out, as the ſap begins to riſe; and this is according to the mildneſs or rigour of the weather; and if the time is delayed, the juice will grow too thick to be drawn, which ſhould be as thin and clear as poſſible. The method of procuring the juice is by boring holes in the trunk of the tree, and fixing foſſets made of elder; but care ſhould be taken not to tap it in too many places at once, for fear of hurting the tree. If the tree is large, it may be bored in five or ſix places at once, and place bottles to let it drop in. When you have extracted a proper quantity, three, four, or five gallons from different trees, cork the bottles very cloſe, and roſin and wax them till you begin to make your wine, which ſhould be as ſoon as poſſible after you have got the juice.

As

As ſoon as you begin, boil the ſap as long as you can take off any ſcum; and put four pounds of fine loaf ſugar to every gallon of the juice, and the peel of a lemon cut thin; then boil it again for near an hour, ſcumming it all the while, and pour it into a tub. As ſoon as it is almoſt cold, work it with a toaſt ſpread with yeaſt, and let it ſtand five or ſix days, ſtirring it twice or three times a day. Take a caſk that will contain it, and put a lighted match dipped well in brimſtone into the caſk; ſtop it till the match is burnt out, and then tun your wine into it, putting the bung lightly in till it has done working. Bung it very cloſe for about three months, and bottle it for uſe. It will be fit in a week after it is put in the bottles.

Its virtues.] It is a very wholeſome, pleaſant and rich cordial; and very ſerviceable in curing conſumptions, and particularly uſed in ſcorbutic diſorders.

To make wine of plums, damſons, &c.

To do this, take what plums you pleaſe, mix thoſe of ſweet taſte with an allay of thoſe that are ſomewhat ſour, though they muſt be all inclining to ripeneſs; ſlit them in halves, ſo that the ſtones may be taken out, then maſh them gently, and add a little water and honey; the better to moiſten them, boil to every gallon of pulp of your plums a gallon of ſpring-water, put in a few bay-leaves and cloves; add as much ſugar as will well ſweeten it, ſcum off the froth, and let it cool, then preſs the fruit, ſqueezeing out the liquid part; ſtrain all through a fine ſtrainer, and put the water and juice up all together in a caſk; let it ſtand and ferment three or four days, fine it with white ſugar, flour and whites of eggs, draw it off into bottles, then cork it up, that the air may not prejudice it; in twelve days it will be ripe, and taſte like ſherry, or rather a nearer flavour of canary.

Damſons may be ordered as other plums, though they produce a tartar wine, more clear, and laſting; but put not ſo much water to them as to luſcious plums, unleſs you mix ſome ſweet wine with it, as malaga, canary, or the like; or infuſe raiſins of the ſun in it, which will give a rich mellow taſte.

Their

Their virtues.] Theſe, as other wines made of Engliſh fruit, are moderately cooling, purify the blood, and cleanſe the reins; cauſe a freeneſs of urine, and contribute much to ſoft ſlumbers, and a quiet reſt, by ſending up gentle refreſhing ſpirits to the brain, which diſpel heat and noxious vapours, and put that noble part in a right temperature.

To make wine of Engliſh figs.

To do this, take the large blue figs, pretty ripe; ſteep them in white wine, having made ſome ſlits in them, that they may ſwell and gather in the ſubſtance of the wine; then ſlice ſome other figs, and let them ſimmer over a fire in fair water till they are reduced to a kind of pulp, ſtrain out the water, preſſing the pulp hard, and pour it as hot as may be to thoſe figs that are infuſed in the wine; let the quantites be near equal, the water ſomewhat more than the wine and figs; then having infuſed twenty-four hours, maſh them well together, and draw off all that will run voluntarily, then preſs the reſt, and if it prove not pretty ſweet, add loaf-ſugar to render it ſo; let it ferment, and add a little honey and ſugar-candy to it, then fine it with whites of eggs and a little iſing-glaſs, and ſo draw it off, and keep it for uſe.

Its virtues.] This is chiefly appropriated to defects of the lungs, helping ſhortneſs of breath, removing colds or inflammations of the lungs; it alſo comforts the ſtomach, and eaſes pains of the bowels.

To make wine of roſes.

To do this, get a glaſs baſon, or body, or for want of it, a well-glazed earthen veſſel, and put into it three gallons of roſe-water, drawn with a cold ſtill; put into it a convenient quantity of roſe leaves; cover it cloſe, and put it for an hour in a kettle or cauldron of water, heating it over the fire to take out the whole ſtrength and tincture of the roſes, and when cold, preſs the roſe-leaves hard into the liquor, and ſteep freſh ones in, repeating it till the liquor has got a full ſtrength of roſes; then to every gallon of liquor add three pounds of loaf-ſugar; ſtir it well, that it may melt and diſperſe in every part, then put it up into a caſk, or other convenient veſſel, to ferment; and to make

it

it do for the better, and a little fixed nitre and flour, and two or three whites of eggs; let it ſtand to cool about thirty days, and it will be ripe, and have a curious flavour, having the whole ſtrength and ſcent of the roſes in it; and you may add, to meliorate it, ſome wine and ſpices, as your taſte or inclination leads you.

By this way of infuſion, wine of carnations, clove-gilly-flowers, violets, primroſes, or any flower having a curious ſcent, may be made; to which, to prevent repitition, I refer you.

The virtues.] Wines thus made, are not only pleaſant in taſte, but rich and medicinal, being excellent for ſtrengthening the heart, refreſhing the ſpirits, and gently cooling the body, making it lenitive, and ſo purges the firſt digeſtion of phlegm, and even choler; abates the heat of the fever, quenches thirſt, mitigates the inflammation of the intrails, and may on ſundry occaſions, ſerve for a good counter-poiſon.

To make cowſlip wine.

Put five pounds of loaf-ſugar to four gallons of fair water, ſimmer them over a fire half an hour, to well diſſolve the ſugar, and when it is taken off, and cold, put in half a peck of cowſlip flowers, clean picked and gently bruiſed; then put two ſpoonfuls of new ale-yeaſt, and a pound of ſyrup of lemons beaten with it, with a lemon-peel or two. Pour the whole into a well-ſeaſoned caſk or veſſel, let them ſtand cloſe ſtopped for three days, that they may ferment well; then put in ſome juice of cowſlips, and give it a convenient ſpace to work, and when it has ſtood a month draw it off into bottles, putting a little lump of loaf-ſugar into each, by which means you may keep it well the ſpace of a year. In like manner you may make wine of ſuch other like flowers that are of a pleaſant taſte and ſcent, as oxlips, jeſſamine, peach-blooms, comfry, ſcabeons, feather-few, ſumitary, and many more, as your fancy and taſte may lead you. I have ſhewed you different ways, to let you know that you need not exactly keep to one certain rule, but pleaſe your palate by ſuch additions as you think convenient; though by ſtraying too far, you may happen to mar the whole deſign: therefore

therefore in all things keep as near as you can to the rules I have given.

Its virtues.] Cowſlip-wine, moderately drank, much helps the palſy, cramp, convulſions, and all other diſeaſes of the nerves and ſinews; alſo eaſe pains of the joints, and gout, and greatly contributes to the curing of ruptures.

To make ſcurvy-graſs wine.

Scurvy-graſs, or ſpoon wort, is a very ſovereign medicinal herb, appropriated chiefly to the health of Engliſh bodies.

Take the beſt large ſcurvy-graſs tops and leaves, in May, June, or July, bruiſe them well in a ſtone mortar, then put them in a well-glazed earthen veſſel, and ſprinkle them over with ſome powder of chryſtal of tartar, then ſmear them over with virgin honey, and being covered cloſe, let it ſtand twenty four hours; then ſet water over a gentle fire, putting to every gallon three pints of honey, and when the ſcum raiſes take it off, and let it cool, then put your ſtamped ſcurvy-graſs into a barrel, and pour the liquor to it, ſetting the veſſel conveniently end-ways, with a tap at the bottom, and when it has been infuſed twenty-four hours, draw off the liquor, and ſtrongly preſs the juice and moiſture out of the herb into the barrel or veſſel, and put the liquor up again; then put a little new ale yeaſt to it, and ſuffer it to ferment three days, covering the place of the bung or vent, with a piece of bread ſpread over with muſtard-ſeed, downwards, in a cool place, and let it continue till it is fine, and drinks briſk; then is the time to draw off the fineſt part, leaving only the dregs behind; then add more herb, and ferment it with whites of eggs, flour, and fixed nitre virjuice, or the juice of green grapes, if they are to be had; to which add ſix pounds of the ſyrup of muſtard, all mixed and well beaten together, to refine it down, and it will drink briſk, but is not very pleaſant, being here inſerted among artificial wines, rather for the ſake of health than for the delightfulneſs of its taſte.

Its virtues.] It helps digeſtion, warms cold ſtomachs, carries off phelm, purifies the blood, purges out ſalt, watery humours, cleanſes the bowels from cold ſliminess, eaſes pains in the limbs, head, heart, and ſtomach; eſpecially thoſe proceeding humours, &c.

To

To make wine of mint, balm, and other herbs, &c.

Firſt, diſtil the herbs in a cold ſtill, then add honey to it, and work as in ſcurvy graſs, and then refine it, and work it down by a due proportion of its own ſyrup; by this means the wine will become very fragarant, and contain the whole virtue of the herb. Wormwood wine, wine of rue, cardus, and ſuch ſtrong phyſical herbs, may be made by infuſion only, in ſmall white wine, cyder, perry, or the like, adding a little ſweets to palate them, that they may be more agreeable to the taſte. That of black currants may be made as of other currants, and is very uſeful in all families.

Their virtues.] Wines made of Mint, Balm, Wormwood, Rue, &c. reſiſt peſtilential air, are good in agues, and cold diſeaſes; prevent fits of the mother, and agues; eaſe pains in the joints and ſinews, cleanſe the blood, and frequently appoplexies, epilepſies, and the like. Theſe wines contain not only the virtues of the herbs, but greatly ſtrengthen and revive the decay of nature.

To wake orange wine.

Put twelve pounds of fine ſugar, and the whites of eight eggs, well beaten, into ſix gallons of ſpring water; let it boil an hour, ſcumming it all the time; taking it off, and when it is pretty cool, put in the juice of fifty ſeville oranges, and ſix ſpoonfuls of good ale-yeaſt, and let it ſtand two days; then put it in another veſſel with two quarts of rheniſh wine, and the juice of twelve lemons; you muſt let the juice of lemons and wine, and two pounds of double refined ſugar, ſtand cloſe covered ten or twelve hours before you put it into the veſſel to your orange wine, and ſcum off the ſeeds before you put it in. The lemon peels muſt be put in with the oranges; half the rinds muſt be put into the veſſel; it muſt ſtand twelve days before it is fit to bottle.

To make ſage wine.

Boil twenty-ſix quarts of ſpring water a quarter of an hour, and when it is blood warm, put twenty-five pounds of malaga raiſins picked, rubbed, and ſhred into it, with almoſt half a buſhel of red ſage ſhred, and a porringer of ale-yeaſt; ſtir all well together, and let it ſtand in a tub,

covered warm ſix or ſeven days, ſtirring it once a day; then ſtrain it off, and put it in a runlet. Let it work three or four days, and then ſtop it up; when it has ſtood ſix or ſeven days, put in a quart or two of malaga ſack; and when it is fine, bottle it.

To make ſycamore wine.

Take two gallons of the ſap, and boil it half an hour, then add to it four pounds of fine powder ſugar; beat the white of three eggs to a froth, and mix them with the liquor, but if it be too hot, it will poach the eggs; ſcum it very well, and boil it half an hour, then ſtrain it through a hair ſieve, and let it ſtand till next day, then pour it clear from ſediment, put half a pint of good yeaſt to every twelve gallons, cover it cloſe up with blankets till it is white over, then put it into the barrel, and leave the bung hole open till it has done working, then cloſe it well up, and let it ſtand three months, then bottle it; the fifth part of the ſugar muſt be loaf, and if you like raiſins, they are a great addition to the wine.

To make turnip wine.

Take a good many turnips, pare them, ſlice them, and put them into a cyder preſs, and preſs out all the juice very well, To every gallon of juice, put in three pounds of lump ſugar, have a veſſel ready juſt big enough to hold the juice, put your ſugar into the veſſel; and alſo to every gallon of juice half a pint of brandy. Pour in the juice, and lay ſomething over the bung for a week, to ſee if it works. If it does, you muſt not bung it down *till* it has done working, then ſtop it up cloſe for three months, then draw it off into another veſſel, when it is fine bottle it off.

Cyprus wine imitated.

You muſt, to nine gallons of water, put nine quarts of the juice of the white elder-berries, which has been preſſed gently from the berries, with the hand, and paſſed through a ſieve, without bruiſing the kernels: add to every gallon of liquor three pounds of liſbon ſugar, to the whole quantity put an ounce and an half of ginger ſliced, and three quarters of an ounce of cloves; then boil this near an hour, taking

taking off the ſcum as it riſes, and pour the whole to cool in an open tub, and work it with ale yeaſt, ſpread upon a toaſt of white bread for three days, and then tun it into a veſſel that will juſt hold it, adding about a pound and a half of raiſins of the ſun ſplit, to lie in liquor till you draw it off, which ſhould not be till the wine is fine, which you will find in january.

N. B. This wine is ſo much like the fine rich wine brought from cyprus, in its colour and flavour, that it has deceived the beſt judges.

To make gilliflower wine.

To three gallons of water put ſix pounds of the beſt powder ſugar, boil the ſugar and water together for the ſpace of half an hour, keep ſcumming it as the ſcum riſes; let it ſtand to cool, beat up three ounces of ſyrup of betony, with a large ſpoonful of ale yeaſt, put it into the liquor, and brew it well together; then having a peck of gilliflowers, cut from the ſtalks, put them into the liquors, let them infuſe and work together three days, covered with a cloth; ſtrain it, and put into a caſk, and let it ſettle for three or four weeks, then bottle it.

To make mead.

Having got thirteen gallons of water, put thirty pounds of honey to it, boil and ſcum it well; then take thyme, bay-leaves, and ſweet-briar, one handful all together, boil it an hour; then put it into a tub again; cut a toaſt round a quartern loaf, and ſpread over with good ale yeaſt, and put it into your tub; and when the liquor is white over with the yeaſt, put it up in your veſſel; then take of cloves, mace and nutmegs, an ounce and a half; of ginger ſliced, an ounce; bruiſe the ſpice, and tie up in a bag, and hang it in the veſſel; then ſtop it up cloſe for uſe.

GENERAL *Obſervation on the Engliſh method of making Wines.*

Your veſſel ſhould be quite dry, and previouſly rinſed with brandy, and well bunged or cloſed up as ſoon as the wines have done fermenting.

As it greatly depends on the flavour of the water you uſe, in order to have good taſted wines, you muſt be

careful to get the beſt. Fine ſpring water is moſt proper if it can be come at.

Be careful not to let it ſtand too long before you get it cold, and remember to put in the yeaſt in time, or elſe your wine will fret in the caſk, and prevent fining.

If you let it ſtand too long in the tub, while working, it will loſe the natural ſweetneſs and flavour of the fruits and flowers it is made from.

Laſtly, Let your fruit, berries, &c. be alwaysgathered quite dry and in general when full ripe.

Some curious ſecrets belonging to the art and myſtery of Vintners, in making artifical wines, and the method of recovering faded wines, and ſuch as have loſt their colour; and of racking, ſweetening, &c.

Of ſmall wines meliorated.

IT it certain that weak wines may be raiſed and improved on the rich lees of wine that is drawn off; and indeed we know it is common to draw of ſuch ſmall wines, and put them on ſuch lees; by this the profit of the vintners is greatly enlarged. We alſo ſee that wine is fed with proper food, as ſweet fleſh, ſalt of tartar, or the ſweet and volatile ſpirit of tartar; but more eſpecially with the quinteſſence of wine, eſſential ſalts, prepared oils, herbs, and things of an aromatical nature; why then may not ſmall wine be greatly bettered by the animal ſpirit or quinteſſence extracted from other wines? for the animal part of wine only, and nothing elſe, can increaſe the ſtrength of wine.

If the quinteſſence be drawn out of one ſmall wine, and add to another, it will make that rich, tho' the other is altogether impoveriſhed. For this reaſon it is better that one be loſt, which may ſerve for vinegar, then both remain uſeleſs This cannot be ſo well demonſtrated by words as by practice; for which reaſon I ſhall give ſome examples to prove my aſſertion, viz.

To reſtore pricked wines.

To do this, take the wine down to the lees in anther caſk, where the lees of good wine are freſh; then take a pint

pint of ſtrong aqua vitæ, ſcrape half a pound of yellow bees-wax into it, and by heating the ſpirit melt the wax over a gentle fire; then dip in it a cloth, and ſet it on fire with a brimſtone match; put it in flaming at the bung, and ſtop the caſk cloſe.

To reſtore wines decayed by too much vent or ſouring.

Stir and ferment it well with a flat-ended ſtick, till you have removed it in all parts, and made it ferment, but touch not the lees; then pour in a pint of aqua vitæ, and ſtop it up cloſe, and at the end of ten days it will be tolerably reſtored. Wine that is decayed by too much vent, may be recovered by putting burning hot cruſts of bread into it.

For muſty wines, or ſuch as have got a twang of the caſk.

To remedy this, rack it upon lees of rich wine of the ſame ſort; then put into a bag four ounces of the powder of lenerel berries, and two ounces of the filings of ſteel; let it hang by a ſtring to the middle of the wine, and ſo by degrees lower it, as you draw it off.

To take away the ill ſcent of wine.

Take a long rouler of dough, when it is ſtuck well with cloves; let it thoroughly bake, and hang it in your caſk, and it will remove the ill ſcent from the wine, by gathering it to itſelf.

To keep wine from ſouring.

Boil a gallon of wine, with ſome beaten oyſter ſhells and crabs claws calcined; then ſtrain out the liquid part, and when it is cool put it into green wine, and it will give it a pleaſant lively taſte.

To ſweeten wine.

Fill it upon the lees, put a handful of the flowers of clary, and infuſe in it; add a pound of muſtard-ſeed dry ground, which in a bag muſt be ſunk to the bottom of the caſk.

To make wine ſettle well.

Take a pint of wheat, and boil it till it burſt in a quart of water, and become very ſoft; then ſqueeze it through a new linen cloth, and put a pint of the liquid part into a hogſhead of unſettled white wine, add it will fine it.

To make wormwood wine.

Take good briſk rheniſh wine or white wine, hang a pound of roman wormwood in a bag in it, clean ſtripped from the groſs ſtalks, and well dried; and in ten or twelve days to infuſe, it will give it a taſte and a curious colour, beyond what it had before; this may be done as it is drawn, by dropping three or four drops of chemical ſpirit, or oil of wormood, into a quart of wine.

To mend white, or rheniſh wine.

If theſe wines have an unpleaſant taſte, the beſt way is ſpeedily to draw either of them half off, and to either of the halves put two gallons of new milk, a handful of bay-ſalt, as much rice; mix and beat them well together for half an hour, with a ſtaff or paddler; then fill up the caſk, and when you have well rolled it, tun it into your lees, and two or three days after you may broach it, and it will drink very fine and briſk.

Another way to mend the colour of white wines, &c.

Take a gallon or more of morning's milk, put it into the caſk, and mix it well with rolling; then, when you perceive it is well ſettled, put in three or four ounces or iſinglaſs, and about a quarter of a pound of loaf-ſugar fine ſcraped, and then fill up the hogſhead, or other caſk, and roll it four or five times over; and this will bring it to a colour and fineneſs.

To meliorate, or better vicious wine.

Let your wine, in this caſe, be what it will, your buſineſs is to take a pint of clarifyed honey, a pint of water, wherein raiſins of the ſun have been well ſteeped, three quarters of a pint of good white wine, or claret, according as the colour of your wine is; let them ſimmer, and boil a little over a gentle fire, to the conſumption of a third part, taking off the ſcum as faſt as it riſes; put it very hot into the vitiated wine and let it ſtand, the bung hole being open; then put into a bag a little bruiſed mace, nutmeg, and cloves, and hang the bag in the wine, by a ſtring, for three or four days; and ſo either new or old wine will not only be fined, but much better; for by this means they are reſtored from their foulneſs and decay, and

yield

yield a good ſcent and taſte ; you may, to perfect this work the more, when you take out the ſpice, hang in a ſmall bag ſome white muſtard-ſeed, a little bruiſed, and the work is done.

To make orange ale.

Take forty ſeville oranges, pare and cut them in ſlices ; the beſt colour'd ſeville you can get, put them all with the juice and ſeeds into half a hogſhead of ale ; when it is tunn'd up and working, put in the oranges, and at the ſame time a pound and a half of raſins of the ſun ſtoned ; when to has done working cloſe up the bung, and it will be ready to drink in a month.

To make orange brandy.

Take a quart of brandy, the peels of eight oranges thin pared, put them into the brandy forty-eight hours in a cloſe pitcher, then take three pints of water, and put into it three quarters of a pound of loaf ſugar, boil it 'till half be conſumed, and let it ſtand 'till cold, then mix it with the brandy.

To make orange ſhrub.

Take three dozen of ſeville oranges and ſix large lemons, and pare them very thin, the thiner the better, then ſqueeze the lemons and oranges together, ſtrain the juice thorough a hair ſieve, and to a quart of juice put a pound and a quarter of loaf ſugar ; and about three dozen of orangs (if they be good) will make a quart of juice, then put a gallon of brandy to it, into a little barrel with an open bung with all the chipping of your oranges, and bung it up cloſe ; when it is fine bottle it. — This is a pleaſant dram, and ready for punch all the year,

To make ſtrong mead.

Take twelve gallons of water, eight pounds of ſugar, two quarts of honey, and a few cloves, and when your pan boils take the whites of eight or ten eggs, and beat them very well, then put them into your water before it be too hot, and whiſk them very well together ; you muſt not let it boil but ſkim it as it riſes till it has done riſing, then put it into your tub, and when it is about blood warm put to it three ſpoonfuls of new yeaſt ; then take eight or nine lemons, pare

pare them and ſqueeze out the juice, and put them both together into your tub, and let them work two or three days, then put it into your barrel, but it muſt not be too full, then take two three penny-worth of iſinglaſs, cut it as ſmall as you can, beat it in a mortar about a quarter of an hour, it will not make it ſmall; but that it may diſſolve the ſooner, then draw out a little of the mead into a quart mug, and let it ſtand within the air of the fire all night, and take the whites of three eggs, beat them very well, and mix them with your iſinglaſs, whiſk them together, and put them into your barrel, then bung it up, and when it is fine bottle it. — You may order iſinglaſs this way to put into any ſort of made wine.

To make black cherry brandy.

Take a gallon of the beſt brandy, and eight pounds of black cherries, ſtone them and put them into your brandy in an earthen pot; bruiſe the ſtones in a mortar, then put them into your brandy, and cover them up cloſe, and let them ſteep for a month or ſix weeks, ſo drain it and keep it for uſe.

To make lemon brandy.

Take a gallon of brandy, and chip twenty-five lemons, put them into your brandy and let ſteep twenty-four hours, then put to them a quarter of a pound of almonds blanched and beat, then drop it through a jelly bag twice, and when it is fine bottle it; ſweeten it to your taſte with double refined ſugar, before you put it into your jelly bag.

To make milk punch.

Take two quarts of old milk, a quart of good brandy, the juice of ſix lemons or oranges, which you pleaſe, and about ſix ounces of loaf ſugar, mix them well altogether and drop through a jelly bag, and take off the peel of two of the lemons or oranges, and put into your bag, and when it is run off bottle it; it will keep as long as you pleaſe.

To make milk punch another way.

Take three gills of water, a gill of old milk, and a gill of brandy, ſweeten it to your taſte; you muſt not put any acid into this, for it will make it crudle.

This is a cooling punch, to drink in a morning.

To

To make Punch another way.

Take five pints of boiling water, and one quart of brandy, add to it the juice of two lemons or oranges, and about ſix ounces of loaf-ſugar; when you have mixed it together ſtrain it through a hair ſieve or cloth, and put it into your bowl, with the peel of a lemon or orange.

A cheap way to make a ſmall currrant wine

Take a pound of good currants and put them into a deep ſtrait-mouth'd earthen pot, and pour them upon about thtee quarts of hot water, having firſt diſſolved in them three ſpoonfuls of the pureſt new ale yeaſt, ſtop it cloſe till it begins to work, then give vent, as is neceſſary, and keep it warm for about three days: It will work and ferment; taſte it after two days, to ſee if it be grown to your liking; then let it run through a ſtrainer, to leave behind all the currants and yeaſt, and bottle it up; it will be very quick and pleaſant, and admirable good to cool the liver and cleanſe the blood. It will be ready to drink in four or five days. — This is recommended by an eminent phyſician.

In making ſtrong currant wine experience has convinced me, that the trouble of picking the currants from the ſtalks may be ſaved; as I can aſſure the reader, I never made better wine from currants, than I have done for the laſt ſeven years none of which currants were pick'd from the ſtalks, my care being to take off the bruiſed fruit.

The beſt thing for ropy beer.

Mix two handfuls of bean flour, and one handful of ſalt, throw this into a kilderkin of beer, but do not ſtop it cloſe till it has done fomenting, then let it ſtand a month, and draw it off; but ſometimes nothing will do with it.

To recover ropy, flat or prick'd drink.

Boil a pint of wheat in two quarts of water, then ſqueeze out the liquid part of it into a ſixteen or twenty gallon caſk of ale, it not only fines but likewiſe preſerves.

To fine and feed drink another way.

Take the whites of three eggs with their ſhells and mix with the flour of horſe beans made fine, (that have been ſplit and dried on a kiln) but none of the huſks, and ſome clean brandy, make it all up with ſome treacle, and put it into a twenty gallon caſk.

To preſerve ale that is to be ſent abroad.

Draw off the ale into a clean caſk, and pound ſome ſlit dried horſe beans, free of their hulls, until they are well powder'd, or made ſo by grinding them in a mill; with this mix a little yeaſt, and knead it, then dry it by the fire, but not in an oven becauſe it may be too hot for this uſe. The quantity of a ſmall dumplin will ſerve a hogſhead.

To make vinegar.

To every gallon of water put a pound of coarſe ſugar. let it boil, and keep ſkimming it as long as the ſcum riſes; then pour it into tubs, and when it is cold as beer to work, toaſt a good toaſt, and rub it over with yeaſt, and let work twenty four hours; then have ready a veſſel iron hooped, and well painted, fix'd in a place where the ſun has full power, and fix it ſo as not to have any occaſion to remove it. When you draw it off, fill your veſſels, and lay a tile on the bung to keep the duſt out. Make it in march, and it will be fit to uſe in june or july. then draw it off into little ſtone bottles the latter end of june or the beginning of july, and let it ſtand till you want to uſe it, it will never foul any more; but when you go to draw it off, and you find it is not four enough, let it ſtand a month longer before you draw it off. For pickles to go abroad uſe this vinegar alone; but in England you will be obliged when you uſe this pickle to put one half cold ſpring water to it, and then it will be full four enough.—You need not to boil it, unleſs you pleaſe, for any ſort of pickles, it will keep them quite good. – It will keep walnuts very fine without boiling, even to go to the Indies; but then do not put water to it. For green pickles you may pour it ſcalding hot two or three times. — All other ſorts of pickles you need not boil it. — Muſhroom only waſh them clean and dry them, and put them into little bottles, with a nutmeg juſt ſcalded in vinegar, and ſliced (whilſt it is hot) very thin, and a few blades of mace; then fil up the bottle with cold vinegar and ſpring water, pour mutton fat fry'd over it, and tie a bladder and a piece of leather over the top. Theſe muſhrooms will not be ſo white, but as finely taſted as if they were juſt gathered; and a ſpoonful of this pickle will give ſauce a very fine flavour.

White walnuts and onions, and all white pickles, do in the ſame manner, after they are ready for the pickle.

An excellent method of making vinegar of malt liquor.

To every twenty gallons of liquor, add one ounce of cream of tartar, and the like quantity of allum and bay-ſalt, mix theſe with a gallon of the liquor, boiling hot, and put it hot in the caſk, cover the bung hole with a piece of brown paper, and it will be fine vinegar in a few days.

This receipt has often been ſold for five ſhillings.

The good Wife's daily Companion:

OR, THE

FAMILY INSTRUCTOR

In the Knowledge of MEDICINE.

Being a choice Collection of the moſt famous *Phyſical Receipts*, for the Cure of almoſt all diſorders of the human Body, taken chiefly from the works of ſeveral eminent Phyſicians.

Colds.

COLDS may be cured by laying much in bed, by drinking plentiful of warm ſack whey, with a few drops of ſpirits of hartſhorn in it, or any other ſmall liquor; living upon pudding, ſpoon-meats, chickens, &c. and drinking every thing warm. In ſhort, it muſt at firſt be treated as a ſmall fever, with gentle diaphoretics, ſuch as half a drachm of the compound powder of contrayerva, taken night and morning, or half an ounce of minderus ſpirit may be given every night going to reſt, drinking a plentiful draught of weak ſack whey after it. If any cough ſhould remain, after uſing this method a few days, the medicines directed under the article of *Coughs*, muſt be taken.

Cholic.

Take two ounces of Daffy's Elixir, and repeat it as occaſion may require; or half a dracham of the powder of rhubarb toaſted before the fire. *Quincy.*

Conſumption. Sign of.

A dry cough, a diſpoſition to vomit after eating, an uneaſy ſtraitneſs of the breaſt, ſpitting of blood, a quickneſs of the pulſe after meals, and flushing of the cheeks, as the diſeaſe advances, the matter brought up by the cough, if ſpit into the fire yields an offenſive ſmell, if into a glaſs of water it ſinks to the bottom, profuſe ſweats, looſeneſs and waſting away of the whole body.

Method of Cure. A milk diet, riding on horſeback, country air, and bleeding frequently, in ſmall quantities, at each time taking away not more than ſix ounces of blood, are the moſt efficacious remedies in this diſtemper; ſnails boiled in milk have ſometimes been of ſervice, as is alſo the peruvian bark, when it does not occaſion a purging. *Boerhave.*

Convulſions in children. Sign of.

The mouth is drawn a-wry, the eyes are diſtorted, and the face tures blackiſh, the child's hands is clenched, and the globes of the eyes ſeems immoveable; when theſe ſymptoms give way, the child is ſleepy till another fit comes on.

Method of Cure. Give three or four drops of the tincture of wood ſoot, in a tea ſpoonful of water frequently. A bliſter applied to the nape of the neck is alſo ſerviceable. *Sydenham.*

Achs and pains.

Rub opodeldock upon the part affected, two or three times a day, and wear a flannel upon it, if this does not give relief, take twenty drops of volatiel tincture of guaicum, every night and morning in a glaſs of ſpring water. *Heiſter.*

Boils.

Apply a plaiſter of diachylon with the gums once every day.

After pains.

Take one ſcruple of ſperma ceti, five grains of volatile ſalt of hartſhorn, five drops of balſam of Peru, and half a drachm of venice treacle; mix them into a bolus, with as much ſyrup of white poppies as is ſufficient to make a bolus; to be repeated every ſix hours till the pains abate. Cover the woman up warm, and let her drink plentifully of caudle. *Heiſter.*

Appetite, want of.

Drink cammomile tea every day an hour before dinner, or take ten drops acid elixir of vitroil in a glaſs of water, about

about two hours before, and about two hours after dinner, every day. A gentle puke ſhould preceed the uſe of theſe remedies, for which purpoſe nothing is preferable to the powder of ipecacoanha, a ſcruple of which is ſufficient for a doſe, and ſhould be worked off with weak camomile tea.

Bruiſes, internal.

Take a large ſpoonful of cold drawn linſeed oil, two or three times in a day. The patient muſt alſo be blooded to the quantity of ten ounces. *Sydenham.*

Bruiſes, external.

Bathe the part with a little ſpirits of wine and camphire, which in ſlight caſes affect a cure, but if that fails, it will be neceſſary to apply a pultice made of ſtale beer grounds and oatmeal, with ſome hog's lard, which muſt be applied freſh every day till the bruiſe is entirely cured.

Burns and ſcalds.

Take may butter unſalted, and white wax, of each ſix ounces, oil of olives half a pint, lapis calaminaris one ounce and a half, melt the wax and hutter with the oil, and ſtir the lapis claminaris finely powered, till it is too hard to ſettle. This is an excellent ointment for the above purpoſes, and is to be applied once a day ſpread on a fine linen rag. *Turner.*

Ague or intermitting fever. Sign of.

A violent head ach, a wearineſs of the limbs, a pain in the loins, a coldneſs of the external parts, a ſhiverine and ſhaking, ſometimes ſo much as to make the very bed ſhake under them ; a great thirſt and burning heat, and frequent inclination to vomit. Afterwards the ſymptons begins to abate, the ſkin becomes moiſt, the urine is of a flaming colour, but without a ſediment, and a ſweat breaking out terminates the fit.

Metbod of Cure. Firſt vomit the ſick perſon, by giving half a drachm of the powder ipocanoanha, and work it off with chamomile tea, then let the ſick perſon take the following powder.—Of the beſt Peruvian bark powdered, one ounce, of Virginia ſnake-root and ſalt of wormood, each one drachm, mix theſe well together, and divide them into eight doſes, one doſe to be taken every two hours in a glaſs of red wine or any other liquid. This is a certain and infallible cure ; but care muſt be taken to adminiſter it only in the intervals of the fits, but muſt be repeated two or three days, about

ten

ten days after the firſt, or elſe the diſorder will frequetly return. In obſtinate caſes, removing into a drier air has been fonud of great ſervice. *Haxham.*

Saint Anthony's fire. Sign of.

This diſeaſe affects every part of the body, but moſt frequently the face, and it happens all times of the year. But whatever part affected, a chillineſs and ſhivering generally attend the diſorder with great thirſt, reſtleſſneſs, and other ſigns of a fever; the face ſwells of ſudden, with great pain and redneſs, and abundance of ſmall pimples appear, which often riſe up into ſmall bliſters, and ſpread over the forehead, and head, the eyes being quite cloſed by the largneſs of the ſwelling. This in the country is uſually call'd a blaſt.

Method of Cure. Let the ſick perſon loſe eight or ten ounces of blood, and repeat the bleeding more than once if the ſymptom run high, and apply to the part a pultice made of white bread and milk, with ſome hog's lard in it; let the pultice be changed twice in a day, and every other morning; take the following purge till the diſorder is cured, viz.

Glauber's ſalt one ounce, mana half an ounce, mix and diſſolve it in warm water for one doſe.

The diet in this diſeaſe muſt be very low, chiefly water-gruel, or at moſt weak broth, all ſtrong liquors muſt be avoided as poiſon. *Sharp.*

Bleeding at the noſe.

Apply to the back part of the ſides of the neck, a linen cloth dipt in cold water, in which ſalt prunella has been diſſolved. In very obſtinate caſes bleeding in the foot is uſeful. Internally the quantity of a nutmeg, of the following electuary may be taken three or four times in a day. Take the ſeeds of white henbane, and white poppies, of each half an ounce, conſerve of roſes three ounce, and mix them into an electuary with ſyrup of diſcodion. *Sydnham* and *Boyle.*

Spitting of blood.

Take red roſe leaves dried half an ounce; twenty drops of oil of vitriol, one ounce and a half of refined ſugar, and pour two pints and an half of boiling water on theſe ingredients in an earthen veſſel, let it ſtand to be cold, and take half a pint frequently. In this diſorder frequently bleeding in ſmall quantitys is proper, not exceeding four, or at the moſt

moſt ſix ounces at each time, according to the ſtrength of the ſick perſon. *Hoffman* and *Mead.*

Corns.

After ſoaking them for a conſiderable time in warm water, pare away with a penknife the uppermoſt and hardeſt ſurface, then apply a plaiſter of green wax, diachylon with the gums ſpread in thin leather; repeat this method (which is perfectly ſafe) a few times, and it will ſeldom fail. *Heiſter.*

Cancer. Signs of.

Begins at firſt with a ſmall tumour, about the ſize of a nut, which does not change the colour of the ſkin, and ſometimes remain ſeveral years without increaſing. But as ſoon as the virulent humour becomes more active, the ſmall hard ſwelling becomes all of a ſudden a large, round, livid, unequal tumour, and is attended with an intenſe ſhooting pain, at length it breaks, and turns into ſharp ſtinking ſanies, which eating away the ſound parts, the lips of the wound become offenſive to the ſight, and the patient being worn out with an intollerable pain, at laſt inſues death. This diſorder may infect any part of the body, but moſt frequently the breaſts, armpits, behind the ears, the lips, noſe, and private parts.

Method of Cure. Boil a quarter of a pound of guaicum ſhavings in ſix pints of water, till it comes to four pints, drink a pint of this decoction twice a day milk warm. External applications moſt proper, are pultices of white bread and milk and ſometimes of milk and water, and the cancer ſhould be defended from the cold air, by a piece of fine linen, on which ſome ſperma ceti ointment is ſpread, and ſhould be renewed two or three times in a day. Dr. *Love.*

Diſorder of the eyes.

An excellent eye water. Take two grains of ſugar of lead, diſſolve it in a quarter of a pint of ſpring water.

An ointment for the eyes.

Dip a feather in ſome ointment of tutty, and rub it acroſs the eyes every night going to bed.

Deafneſs.

Syringe the ears well with ſome warm milk and oil, then take a quarter of an ounce of liquid opodeldock, and as much oil of almonds, mix them well, and drop a few drops into each ear,

ear, ſtopping them with ſome cotton or wool, repeat this every night going to reſt. *Fothergill.*

Dry belly-ach, or nervous cholick. Signs of.

Extreme coſtiveneſs, a moſt violent pain in the bowels, coldneſs in the hands and feet, trembling, extreme anxiety, and a diſpoſition to fainting, which is frequently ſucceeded by the palſy.

Method of Cure. Give frequently the following clyſter; take dry mallow leaves an ounce, camomile flowers, and ſweet fennel ſeeds, of each one ounce, a pint of water, boil it for uſe Take half a pint of this decoction and add two ſpoonfuls of ſweet oil, and half an ounce of Epſom-ſalt, mix it for a clyſter to be repeated frequently. The warm bath is of the utmoſt ſervice in this diſorder, and as is alſo balſam of Peru, gi en inwardly from twenty to forty drops in a ſpoonful of powder'd loaf ſugar, three or four times in a day. *Riverius* and *Sydenham.*

Ear-ach.

The ſmoke of tobacco blown into the ear is an excellent remedy. *Hoffman.*

Giddineſs.

Take twenty drops of tincture of caſtor in a glaſs of water two or three times a day, or from a ſcruple to drachm of powder of valerian root, three or four times in a day. *Mead.*

Gravel and ſtone. Sign of.

A pain in the loins, bloody urine, a numbneſs of the thigh or leg on the ſide affected, a ſickneſs at the ſtomach, and frequent vomiting.

Method of Cure. Take one pound of calcined oyſters ſhells, and pour thereon twelve pints of boiling water, ſtrain it when cold and take half a pint mixed with ſome new milk three times in a day, gradually increaſing the quantity, till it amounts to four pints a day. If the patient is coſtive, two ounces of manna diſſolved in a quart of whey, ſhould be taken for one doſe, once or twice every week.

Dr. *Whytt* and *Sydenham.*

Hoarſeneſs.

Take the medicines directed under the article of coughs, or as much as will lie on a ſhilling of the following powder, three

three or four times in a day: Take ſperma ceti and ſugar candy, of each equal parts, and make them into a fine powder, of a tea ſpoonful of Barbadoes tar in a glaſs of old rum every night going to reſt. Three or four oyſters ſwallowed early in the morning faſting, afford ſurpriſing relief in this complaint. *Shaw.*

Head-ach.

Apply leaches behind the ears, and take 20 drops of tincture of caſtor, in a glaſs of water frequently.

Fainting.

Apply to the temples and noſtrils ſome ſpirits of ſal armoniac, and give a few drops in a wine glaſs of water inwardly. *Hoffman.*

Heart burn.

Take ſome chalk ſcraped in a glaſs of water, or a tea cup full of camomile tea.

Coſtiveneſs.

Take the ſize of a nutmeg of leniment electuary every morning, or as occaſion requires. *Shaw.*

Gripes.

Take half a dracham of powdered rhubarb, and toaſt it a ſhort time before the fire, then add ſome powder of ginger to it, and mix it for one doſe, to be uſed as occaſion requires.

Looſeneſs.

Take half a drachm of ipecacuanha for a vomit, and work it off with camomile tea: Abſtain from malt liquors, if this does not entirely remove the looſeneſs, take half a drachm of the powder of rhubarb made into a bolus, with a little diaſcordum, and repeat it every day till the looſeneſs is ſtoped. For common drink, the ſick perſon may take hartſhorn drink, or rice boiled in water with ſome cinnamon. *Town.*

Indigeſtion. Sign of.

Pain and ſenſe of weight in the ſtomach, attended with frequent belchings, heartburn, &c.

Method of Cure. Take a large ſpoonful of tincture of hiera-picra every day an hour before dinner, or from ten to twenty drops of acid elixir of vitriol in a glaſs of water, two or three times in a day. Pyrmont and ſpaw waters are alſo efficatious in removing this complaint. *Cheyne.*

Inflammations.

Take away ten or twelve ounces of blood, and repeat it if neceſſary; give colling purges, and apply to the part a pultice of white bread and milk, with ſome ointment of elder in it.

Noiſe in the ears.

May be cured by the vapour of a decoction of roſemary flowers prepared with wine, being conveyed to the ear by a funnel.

Inflammation of the bowels. Sign of.

A burning pain in the bowels, attended with a fever, vomiting and frequently an obſtinate coſtiveneſs.

Method of cure. Take away ten ounces of blood, and repeat the bleeding according to the urgency of the complaint, and to appeaſe the pain and ſtop the exceſſive vomiting, give ten drops of liquid laudanum in ſome broth every ſix hours. The diet ſhould conſiſt of weak broths.

Miſcarrige.

To prevent miſcarrige, bleeding is neceſſary and uſeful about the third month of pregnancy, more or leſs according to the pregnancy of the woman with child The body ſhould always be kept open with manna or rhubarb, in the firſt month eſpecially. *Hamilton.*

Itch. Sign of.

Watry pimples, attended with intollerable itching between the fingers, under the hams, on the arms, and on the thighs.

Method of cure. Anoint the part which break out every night with the following ointment: Take of hog's lard half a pound, flour of brimſtone and ſulpher vivum of each two ounces, powder'd cloves one ounce, mix them together; two or three weeks is as little time as can be depended upon, and the ſame linen muſt be wore the whole time of your cure.

N. B. This is a never failing remedy.

Leproſy. Sign of.

Red pimples, or puſtules, commonly firſt break out in the elbows and knees, which gradually increaſe in ſuch a manner, that the whole body is cover'd with a leprous ſcurf.

Method of cure. Take ſharp pointed dock-roots half a pound, Monk's rhurbarb a quarter of a pound, ſtick liquorice and

and coriander ſeeds, of each half an ounce, boil them in a gallon of ſpring water till it comes to three quarts. and to the ſtrained liquor add two ounces of diaphoretic antimony; the doſe is a pint every morning and evening. *Bunyer.*

Jaundice. Sign of.

A yellowiſhneſs of the whites of the eyes, and of the whole body, bitterneſs of the tongue, heavineſs and laſſitude, vomiting of gall, the ſtools almoſt white, and the urine of a ſaffron colour, tinging linen dipt therein is yellow.

Method of cure. Take venice ſoap half an ounce, oil of anniſeeds ſixteen drops, mix them together, and make it into middle ſized pills: The doſe is three or four, two or three times a day; if coſtive, half a drachm of rhubarb muſt be taken in the morning twice in every week.

Meaſles. Signs of.

A chillineſs and ſhivering, which is ſucceeded by a fever, accompanied with great ſickneſs, thirſt, a continual drowſineſs, ſlight cough, and an effuſion of tears, which is the moſt certain ſigns of the meaſles: About the fourth day little red ſpots like flea bites appear all over the body, which do not riſe above the ſurface of the whole ſkin.

Method of cure. Firſt bleed the ſick perſon, then let him or her drink plentifully of the following decoction; take pearl barley, raiſins and figs, of each two ounces, ſtick liquorice bruiſed half an ounce boil them in four quarts of water till it comes to two quarts, ſtrain it for uſe, add a quarter of an ounce of ſalt prunella: You muſt purge often after this diſorder, and the diet and management muſt be the ſame as in the ſmall pox.

Piles. Sign of.

A violent pain at the time of going to ſtool, the excrements ſtreakt with blood, and ſmall ſwellings like warts on the verge of the anus.

Method of cure. Take of lenitive electuary one ounce and an half, flour of brimſtone half an ounce, mix them together, the quantity of a nutmeg to be taken every night and morning; apply outwardly a little of this ointment. Take two ounces of the white diachylon, two ounces of ſweet

oil, and half an ounce of vinegar, mix them together. Leeches applied as near the piles, or on the piles itſelf, afford a ſurpriſing relief. *Sydenham.*

Scald head.

Firſt ſhave, then cover the head with a pitch plaiſter ſpread on leather, and give inwardly one grain of calomel made into a pill, with a little conſerve of roſes every night going to reſt, and a doſe of cooling phyſic twice a week *Turner.*

Cough.

Take oil of ſweet almonds and ſyrup of balſam, of each two ounces four ounces of barley water, and thirty drops of ſal volatile; ſhake them well together, and take two large ſpoonfuls when the cough is troubleſome; if this does not remove the cough in a few days, it will be neceſſary to be blooded. *Pringle.*

Rickets in children. Signs of.

A ſwelling of the belly, conſtant deſire of ſitting ſtill, the bones are crooked and the joints ſeem very large, as if knotted, the head is ever large, and the child's knowledge exceeds its years.

Method of cure. Give the child two grains of ens veneris, diſſolved in a ſpoonful of wine and water every night; to this muſt be joined cold bathing frictions of the back, exerciſe, and a ſtrengthening diet. *Boerhave.*

Worms. Signs of.

Paleneſs of the countenance, itching of the noſe, voraciouſneſs, ſtarting and grinding in the teeth in ſleep, looſeneſs, ſtinking breath, hard ſwelled belly, and ſometimes epileptic fits

Method of cure. Take burnt hartſhorn, and the beſt ſcammony in powder, of each a quarter of an ounce calomel one drachm, powder of tin a quarter of an ounce, mix them together, and let the child take eight or ten grains according to its age, every other morning in a tea ſpoonful of roaſted apple. *Alſton.*

A ſure and ſpeedy Cure for the ſcurvy.

Drink plentifully of whey, with the juice of Elder-Flowers in it, and a cure will be compleated in a very few days.

Appoplexy.

The immediate preceeding ſigns are, tremblings, ſtaggering, a giddineſs in the head, dimneſs of ſight, ſleepineſs, loſs of memory, noiſe in the ears, and deep and laborious breathing. The diſeaſe itſelf is a total deprivation of ſenſe and motion, except that of reſpiration, which is performed with difficulty, and ſnoring. It uſually ends in a paralytic diſorder, and is ſeldom curable, but always leaves behind it a great defect of memory judgment and motion.

Method of cure. Cupping in the nape and ſides of the neck is always uſeful, provided the ſcarifications are deep enough to give a free paſſage to the blood, ſtimulating clyſters and warm purges are alſo of ſervice, as is alſo the following electuary. Take half an ounce of powdered heath valerian, and one ounce and an half of conſerve of orange peel, and mix them together; the doſe is the quantity of a nutmeg every four hours, diſſolved in a cupful of roſemary tea. Apply a ſtrong bliſter to the back, the diet muſt be very ſparing. *Mead, Sydenham* and *Heiſter.*

Aſthma or phthiſick Sign of.

An obſtructed and very laborious breathing, attended with unſpeakable anxiety, a ſtraitneſs about the breaſt.

Method of cure. Diſſolve two drachms of gum Ammoniacum in half a pint of penny royal water, and add an ounce of oxymel of ſquillir. Three large ſpoonfuls of this mixture may be taken frequently; or from twenty to thirty drops of paregoric elixir, may be taken in penny-royal water two or three times in a day, bleeding is generally proper, as is alſo a bliſter applied to the back, and gentle vomits, the diet ſhould be ſlender: Malt liquors muſt be avoided, being very pernicious. *Mead.*

Bloody flux. Signs of.

Generally begins with coldneſs and ſhivering, ſucceeded by a quick pulſe, and intenſe thirſt: The ſtools are greaſy, and ſometimes frothy mixt with blood, with filaments intermixt, which have the appearance of melted ſuet, and attended with gripings, and a painful deſcent as it were of the bowels.

Method.

Method of cure. Bleed firſt, then give the following vomit half a drachm of powder of ipecacoanah, work it off with chamomile tea, repeat this vomit every other day, for three or four times. On the intermediate days between each vomit, let the ſick perſon take a large ſpoonful of the following mucilage, warm, every hour. Diſſolve half an ounce of gum arabic, and half an ounce of gum tragacanth, in a pint of barley water over a gentle fire: Clyſters made of fat mutton broth are of great ſervice, then the ſick perſon muſt abſtain from malt and ſpirituous liquors. Dr. *Mead.*

Diabetes. Signs of.

Is an exceſſive diſcharge of urine, of the taſte ſmell, and colour of honey, attended with an intenſe thirſt, and a waſting of the whole body.

Method of cure. Take of the ſhavings of ſaſſafras two ounces, guaicum one ounce, liquorice root three ounces, coriander ſeeds bruiſed, ſix drachms, infuſe them cold in one gallon of lime water, for two or three days, the doſe is half a pint three or four times in a day: Or four ounces of alum whey, (which is prepared by boiling four pints of milk over a ſlow fire, with three drachms of alum, till it is turn'd into whey) may be taken three times in a day. *Mead.*

Lime water is made by pouring twelve pints of boiling water on a pound of unſlacked lime; when it is cold it is fit for uſe.

To make herb ſnuff.

Take ſweet marjoram, marum ſyriacum leaves, and lavender flowers dried, of each half an ounce, aſſarabacca leaves a drachm. Or take of betony leaves and marjoram, of each half an ounce, aſſarabacca leaves a drachm: Beat them well into a powder. Or take marjoram, roſemary flowers, betony, and flowers of lillies of the valley, of each a quarter of an ounce nutmegs a drachm and a half, ſal volatile forty drops. Powder and keep in a phial cloſe ſtopped.

A pinch or two of any of thoſe ſnuffs may be taken night and morning medicinally, or any time for pleaſure. They are externally ſerviceable for weak eyes, and all diſorders of the organs of ſight and hearing, and alſo relieves headachs, palſies, giddineſs, lethargies, and many other complaints.

plaints, and are, though agreeable and ſimple, far ſuperior to what is ſold under the name of herb ſnuff.

The famous ſnuff for the head and eyes.

Take any quantity of Aſſarabecca, (otherwiſe Aſſatem) leaves: dry them by a gentle fire, and afterwards grind them to a fine powder: In moſt diſorders of the head this ſnuff does wonders and would undoubtedly have gain'd an eſtabliſhed reputation long ago, had not thoſe gentlemen, &c. who aſſume to themſelves title of inventors, made this ſnuff as univerſal a ſpecific as moſt of their other articles, *that is*, to cure every diſorder; as well a broken ſhine, as a ſore eye. But to give it it's due character, nothing exceeds it for diſorders in the head, ſuch as head-ach, ear-ach, ſore eyes, tooth-ach, deafneſs &c. It is a ſhining leaf, only one on a ſtalk, ſhaped much like ground-ivy, and is found near woods in damp ſhady places. Take a pinch twice a week at night going to reſt, it does not operate immediately like common ſnuffs, but the morning after taking it, a foul matter is diſcharged at the noſe, more or leſs, according to the degree of the illneſs. Many people get a livelihood by the ſale of this ſnuff, they ſelling only ſix pinches for a ſhilling.

To keep the hair clean and preſerve it.

Take two handfuls of roſemary and boil it in a quart of ſpring water, till it comes to a pint, and let it be covered, then ſtrain it out and keep it, every morning when you comb your head, dip a ſponge in the water and rub up your hair, and it will keep it clean and preſerve it, for it is very good for the brain, and will dry up rheum.

For the cramp.

Take the leaves of roſemary, chop them very ſmall, and ſew them ſo in fine linen or ſarſnet, as to make a kind of garter of them, to be tied about the patients bare leg.

LIME-WATER; *its uſe, and ſurprizing effects on the human body.*

It is undoubtedly an excellent remedy taken internally; a powerful alterant, and like a pure alkaline water, fitter to blunt and deſtroy acid ferments, which are the principles of all obſtructions, and the cauſe of moſt chronick diſeaſes. It

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is remarkably ſerviceable in cachexis, green-ſickneſs, dropſy, ſcurvy, obſtructions of the liver, ſpleen, &c. It ſtrengthens the ſtomach, increaſes the appetite, and cauſes a good digeſtion; wonderfully cleanſes the blood, chears the heart, revives the ſpirits, and ſtrengthens the whole body: It is a moſt eregious deopilative, and momentarily opens all obſtructions in the ſtomach, gall, meſeutry, womb, hypochondria, bowels, reins, and bladder, and other organick parts, diſſolving and carrying off the cold, acid, and viſcious humours ſticking to the tunicles of the lungs, ſtomach, guts, &c. cauſing almoſt all diſeaſes incident to men, women, and children; preſently taking away all their faintneſs, weakneſs, and indiſpoſition; inſomuch that thoſe who look like death itſelf, and are ſcarcely able to go or ſtir about, it gives immediate relief to; and proves itſelf to be almoſt a miracle of medicine. Drink half a pint morning and evening It is made thus: Put three wine quarts of hot water on one pound of quick lime; let it macerate for the ſpace of twenty-four hours, and it is fit for uſe.

The valuable effects of the juice of ſloes

Whatever linen or woollen is marked with this juice, ſuch marks are not to be diſcharged by any means. Tie three ounces of the powder of burnt horſe-beans in a piece of linen, and boil it half an hour in the ſaid juice, and it makes a wrighting ink far ſuperior to any other, not being to be diſcharged by art, or defaced by time. In the phyſical way it immediately ſtops bleeding either in man or beaſt, by bathing the wound therewith. In regard to needle-work, it is evident more may be done in one hour by the aſſiſtance of this juice, than could be accompliſhed with a needle in many days. You are to take care the linen is dry; and uſe it in the ſame manner you do other ink. When waſhed the marks are of a fine purple colour, and has this very great advantage above marking with a needle, that there is no other way of removing whatever marks are put on, but by cutting out the piece.

THE

THE

TOILET OF FLORA:

OR,

A COLLECTION,

OF

The moſt ſimple and approved Methods of Preparing

BATHS,
ESSENCES,
POMATUMS,
POWDERS,

PERFUMES,
AND
SWEET-SCENTED
WATERS.

With Receipts for Coſmetics of ever kind, that can ſmooth and brighten the Skin, give force to beauty, and take off the appearance of OLD AGE and DECAY.

FOR THE USE OF THE LADIES.

A NEW EDITION, IMPROVED.

An aromatic bath.

BOIL, for the ſpace of two or three minutes, in a ſufficient quantity of river-water, one or more of the following plants; viz. laurel, thyme, roſemary, wild thyme, ſweet-marjoram, lavender, ſouthernwood, wormwood, ſage, penny-royal, ſweet baſil, balm, wild mint, hyſſop, clove-july-flowers, aniſe, fennel, or any other herbs that have an agreeable ſcent. Having ſtrained off the liquor from the herbs, add to it a little brandy, or camphorated ſpirits of wine.

This is an excellent bath to ſtrengthen the limbs; it removes pains proceeding from colds, and promotes perſpiration.

A coſmetic

A cosmetic bath.

Take two pounds of barley or bean-meale, eight pounds of bran, and a few handfuls of borrage leaves. Boil these ingredients in a sufficient quantity of spring water. Nothing cleanses and softens the skin like this bath.

An emollient bath for the feet.

Boil in water, a pound of bran, with a few marsh-mallow roots, and two or three handfuls of mallow leaves.

An aromatic bath for the feet

Take four handfuls of pennyroyal, sage, and rosemary, three handfuls of angelica, and four ounces of juniper berries; boil these ingredients in a sufficient quantity of water, and strain off the liquor for use.

An excellent cosmetic for the face.

Take a pound of levigated harthorn, two pounds of rice powder, half a pound of cerus, powder of dried bones, frankincense, gum mastic, and gum arabic of each two ounces. Dissolve the whole in a sufficient quantity of rose-water, and wash the face with this fluid.

A curious perfume.

Boil in two quarts of rose-water, an ounce of storax, and two ounce of gum Benjamin; to which add, tied up in a piece of gauze or thin muslin, six Cloves bruised, half a drachm of Labdanum, as much Calamus Aromatius, and a little Lemon-peel. Cover the vessel up close, and keep the ingredients boiling a great while; strain off the liquor without strong pressure, and let it stand till it deposit the sediment, which keep for use in a box.

Receipt to thicken the Hair, and make it grow on a bald part.

Take Roots of a Maiden Vine, Roots of Hemp, and Cores of soft Cabbages, of each two handfuls; dry and burn them; afterwards make a lye of with the ashes. The head is to be washed with this lye three days successively, the part having been previously well rubbed with Honey.

A Powder to prevent baldness.

Powder your head with powdered Parsley Seed, at night, once in three or four months, and the hair will never fall off.

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To quicken the Growth of Hair.

Dip the teeth of your comb every morning in the expreſſed Juice of Nettles, and comb the hair the wrong way. This expedient will ſurpriſingly quicken the growth of the hair.

Some, after having ſhaved the head, foment it with a decoction of Wormwood, Southernwood, Sage, Betony, Vervain, Marjoram, Myrtle, Roſes, Dill, Roſemary, or Miſſeto.

To change the Colour of the Hair

Firſt waſh your head with ſpring-water, then dip your comb in Oil of Tartar, and comb yourſelf in the Sun; repeat the operation three times a day, and at the end of eight days at moſt the hair will turn black. If you are deſirous of giving the hair a fine ſcent, moiſten it with Oil of Benjamin.

To change the Hair or Beard black.

Take Oil of Coſtus and Myrtle, of each an ounce and a half; mix them well in a leaden mortar; adding liquid Pitch, expreſſed Juice of Walnut Leaves and Laudanum, of each half an ounce; Gall-nuts, Black-lead, and Frankincenſe, of each a drachm; and a ſufficient quantity of Mucilage of Gum Arabic made with a decoction of Gall Nuts.

Rub the head and chin with this mixture, after they have been ſhaved.

A Fluid to die the Hair of a flaxen colour.

Take a quart of Lye prepaired from the Aſhes of Vine Twigs; Briony, Celandine Roots, and Turmeric, of each half an ounce; Saffron and Lily Roots, of each two drachms; Flowers of Mullein, Yellow Stechas, Broom, and St. John's wort, of each a drachm; boil theſe ingredients together, and ſtrain off the Liquor clear.

Frequently waſh the hair with this fluid, and in a little time it will change to a beautiful flaxen colour.

A perfumed Baſket.

Place a layer of perfumed Cotton extremely thin and even on a piece of Taffety ſtreched in a frame; ſtrew on it ſome Violet Powder, and then ſome Cypreſs Powder; cover the whole with another piece of Taffety: nothing more remains to complete the work, but to quilt it, and cut it of the ſize of the baſket, trimming the edges with ribband.

Natural Cosmetics.

The Juice that issues from the Birch-Tree, when wounded with an anger in spring, is detersive and excellent to clear the complexion: the same virtue is attributed to its distilled water. Some people recommend Strawberry-water; others the decoction of Orpiment, and some Frog-spawn-water.

A Coral Stick for the Teeth.

Make a stiff Paste with Tooth Powder and a sufficient quantity of Mucilage of Gum Tragacanth: form with this Paste little cylindrical Rollers, the thickness of a large goose quill, and about three inches in length. Dry them in the shade. The method of using this stick is to rub it against the teeth, which become cleaner in proportion as it wastes.

A receipt to clean the Teeth and Gums, and make the Flesh grow close to the Emanuel.

Take an ounce of Myrrh in fine powder, two spoonfuls of the best white Honey, and a little green Sage in fine powder; mix them well together, and rub the teeth and gums with a little of this Balsam every night and morning.

A liquid Remedy for decayed Teeth.

Take a pint of the Juice of the Wild Gourd, a quarter of a pound of Mulberry Bark, and Pelitory of Spain, each three ounces; Roch Alum, Sal Gem, and Borax, of each half an ounce. Put these ingredients into a glass vessel, and distil in a sand heat to dryness; take of this liquor and Brandy, each an equal part, and wash the mouth with them warm. This mixture removes all putridity, and cleanses away dead flesh.

A powder to clean the Teeth.

Take Dragon's Blood and Cinnamon, of each one ounce, and a half, Burnt Alum, or Cream of Tartar, one ounce; beat all together into a very fine powder, and rub a little on the teeth every other day.

A Remedy for sore Gums and loose Teeth.

Boil Oak Leaves in spring-water, and add to the decoction a few drops of Spirit of Sulpher. Gargle the mouth with a little of this liquor every morning while necessary.

A method to make the Teeth beautifully white.

Take Gum Tragacanth, one ounce; Pumice-stone, two drachms;

drachms; Gum Arabic, half an ounce; and Chryſtals of Tartar, finely powdered, one ounce; diſſolve the gums in Roſe-water, and adding to it the powder, form the whole into little ſticks, which are to be dried ſlowley in the ſhade, and afterwards kept for uſe.

An approved Receipt againſt that troubleſome Complaint, called the Teeth ſet on Edge.

Purſlain, Sorrel, Sweet or Bitter Almonds, Walnuts, or burnt Bread, chewed, will certainly remove this diſagreeable ſenſation.

A ſure preſervative from the Tooth Ach, and Defluxions on the Gums or Teeth.

After having waſhed your mouth with water, as cleanlineſs and indeed health requires, you ſhould every morning rince the mouth with a tea ſpoonful of Lavender-Water mixed with an equal quantity of warm or cold water, which ever you like beſt, to diminiſh its activity. This ſimple and innocent remedy is a certain preſervative, the ſucceſs of which has been confirmed by long experience.

A Tincture to ſtrengthen the Gums and prevent the Scurvy.

Take an ounce of Peruvian Bark groſſly powdered, infuſe it a fortnight or longer in half a pint of Brandy. Gargle the mouth every night or morning, with a tea ſpoonful of this Tincture diluted with an equal quantity of Roſe-water.

Manner of preparing the Roots for cleaning the Teeth, according to Mr. Baume.

The roots that are uſed to clean the teeth are formed at both ends like little bruſhes; and in all probability were ſubſtituted in the room of Tooth-bruſhes, on account of their being ſofter to the gums and more convenient. They are uſed in the following manner; one of the ends is moiſtened with a little water, dipped into the Tooth-Powder, and then rubbed again the teeth they will look white. Fibrous and woody Roots are beſt formed into little bruſhes, and on this account deſerve a preference to others. The Roots are deprived of their juicy parts by boiling them ſeveral times in a large quantity of freſh Water. When Lucern Roots are uſed, thoſe of two years growth are choſen, about the thickneſs of one's little finger; ſuch as

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are thicker, unſound or worm eaten, being rejected. They are cut into pieces about ſix inches long, and, as we have juſt obſerved, are boiled in water till all the juicy parts are extracted. Being then taken out, they are left to drain; after which each end of the roots is ſlit with a penknife into the form of a little bruſh, and they are ſlowly dried to prevent their ſplitting. In the ſame manner are prepared Liquorice Roots. March-mallow Roots are prepared in an eaſier way; but, on account of the mucilage they contain, they become very brittle when dry. Such as are large and very even are made choice of, and raſped with a knife to remove the outer bark. They are died red by infuſing them in the ſame dye as is uſed to colour ſponges. When the Roots have remained twenty-four hours in the dye, they are taken out, ſlowly dried and varniſhed with two or three coats of a ſtrong Mucilage of Gum Tragacanth, each being ſuffered to dry before another is laid on. The whole is afterwards repeatedly anointed with Friars Balſam, in order to form a varniſh leſs ſuſceptible of moiſture.

Lucern and Liquorice Roots are dyed and varniſhed in the ſame manner: thoſe of March-mallows, from the loſs of their Mucilage, conſiderably diminiſh in thickneſs during the time they ſtand in infuſion.

Manner of preparing Sponges for the Teeth.

For this purpoſe very thin ſponges are made choice of, which are to be waſhed in ſeveral waters; ſqueezing them with the hands, to looſen and force away the little ſhells that adhere to their internal ſurface. Being afterwards dried, they are neatly cut into the ſhape of balls about the ſize of ſmall eggs; and when they have undergone this preparation, they are dyed in the following manner.

Take Brazil Wood raſped, four ounces; Cochineal bruiſed, three drachms; Roch Alum, half an ounce; Water, four pints: put them into a proper veſſel, and boil till one half of the Liquor is conſumed. Then ſtrain the decoction thro' a piece of linen, and pour it hot upon the ſponges, which are to be left in infuſion twelve hours; at the expiration of which time, they are to be repeatedly waſhed in freſh water, as long as any colour proceeds from them. Being dried, they are afterwards dipped in Spirit of Wine, aromatized with

with Eſſential Oil of Cinnamon, Cloves, Lavender, &c. The ſponges are then fit for uſe. and when dried by ſqueezing, are kept in a wide-mouthed glaſs-bottle well corked.

Rules for the Preſervation of the Teeth and Gums.

The teeth are bones thinly covered with a fine enamel, which are more or leſs ſtrong in different perſons. When this enamel is waſted, either by a ſcorbutic humour or any external cauſe, the tooth cannot long remain ſound, and muſt therefore be cleaned, but with great caution. For this purpoſe the beſt inſtrument is a ſmall piece of wood, like a butcher's ſkewer, rendered ſoft at the end. It is generally to be uſed alone; only once in a fortnight dip it into a few grains of gun powder which has previouſly been bruiſed. This will remove every ſpot and blemiſh, and give your Teeth an inconceivable whiteneſs. It is almoſt needleſs to ſay, that the mouth muſt be well waſhed after this operation; for beſides the neceſſity of ſo doing, the ſalt-petre, &c. uſed in the compoſition of Gunpowder, would, if it remained, prove injurious to the gums, &c. but has not, nor can have, any bad effect in ſo ſhort a time.

It is neceſſary to obſerve, that very near the gums of people whoſe teeth are otherwiſe good, there is apt to grow a cruſt, both within and without, which, if neglected, ſeparates the gums from the fangs of the teeth; and the latter being by this means left bare, are frequently deſtroyed. This cruſt muſt therefore be carefully ſcraped off.

A Receipt to make the genuine Hungary Water.

Put into an alembic a pound and a half of freſh pickt Roſemary Flowers; Pennyroyal and Marjoram Flowers, of each half a pound; three quarters of good Coniac Brandy; having cloſe ſtopped the mouth of the alembic to prevent the ſpirit from evaporating, bury it twenty-eight hours in horſe-dung to digeſt, and then diſtil off the Spirit in a water bath.

A drachm of Hungary-Water diluted with Spring-Water, may be taken once or twice a week in the morning faſting. It is alſo uſed by way of embrocation to bathe the face and limbs, or any part affected with pains, or debility. This remedy recruits the ſtrength, diſpells gloomineſs, and

ſtrengthens

ſtrengthens the ſight. It muſt always be uſed cold, whether taken inwardly as a medicine or applied externally.

Directions for making Lavender Water.

Take freſh or dried Lavender Flowers, ſprinkle them with White Wine, Brandy, Melaſſes Spirit, or Roſe-water; let them ſtand in infuſion for ſome days, and then diſtil off the Spirit. The diſtilled water will be more ordiferous, if the Flowers are dried in the ſun in a glaſs bottle cloſe ſtopped, and White Wine afterwards poured upon them.

If you would have ſpeedily without the trouble of diſtillation, a water impregnated with the flavour of Lavender, put two or three drops of Oil of Spike, and a lump of Sugar, into a pint of clear Water, or Spirit of Wine, and ſhake them well together in a glaſs phial, with a narrow neck. This Water, though not diſtilled, is very fragrant.

To make Roſe-Water.

To make an excellent Roſe-water, let the Flowers be gathered two or three hours after ſun-riſing in very fine weather; beat them in a marble mortar into a paſte, and leave them in the mortar ſoaking in their juice, for five or ſix hours; then put the maſs into a coarſe canvas bag, and preſs out the Juice; to every quart of which add a pound of freſh Damaſk Roſes, and let them ſtand in infuſion for twenty-four hours. Then put the whole into a glaſs alembic, lute on a head and receiver, and place it on a ſand heap. Diſtil at firſt with a gentle fire, which is to be encreaſed gradually till the drops follow each other as quick as poſſible; draw off the water as long as it continues to run clear, then put out the fire, and let the alembic ſtand till cold. The diſtilled water at firſt will have very little fragrancy, but after being expoſed to the heat of the ſun about eight days, in a bottle lightly ſtopped with a bit of paper, it acquires an admirable ſcent.

Roſe-water is an excellent lotion for the eyes, if uſed every morning, and makes a part in all collyriums preſcribed for inflammations of theſe parts; it is alſo proper in many other complaints.

To make Orange-Flower Water.

Having gathered (two hours before ſun-riſe, in fine weather)

ther) a quantity of Orange-Flowers, pluck them leaf by leaf, and throw away the ſtalks and ſtems: fill a tin cucurbit two thirds full of theſe picked Flowers; lute on a low bolt-head, not above two inches higher than the cucurbit; place it in balneo Mariæ, or a water-bath, and diſtill with a ſtrong fire. You run no riſk from preſſing forward the diſtillation with violence, the water-bath effectually preventing the Flowers from being burnt. In this method you pay no regard to the quantity, but the quality of the water drawn off. If nine pounds of Orange Flowers were put into the ſtill, be ſatisfied with three or four quarts of fragrant water; however, you may continue your diſtillation, and ſave even the laſt dropings of the ſtill, which have ſome ſmall fragrancy. During the operation, be careful to change the water in the refrigeratory veſſel as often as it becomes hot. Its being kept cool prevents the diſtiled water from having an empyreumatic or burnt ſmell, and keeps the quinteſſence of the Flowers more intimately united with its phlegm.

The uſe of Orange-Flower water is very extenſive. It is high in eſteem for its aromatic perfume; and is uſed with ſucceſs for hyſteric complaints.

Compound Balm-Water, commonly called Eau de Carmes.

Take of the freſh Leaves of Balm, a quarter of a pound; Yellow Rind of Lemons, two ounces; Nutmegs and Coriander-ſeeds, of each one ounce; Cloves, Cinnamon, and Angelica Root, of each half an ounce: having pounded the ſpices and ſeeds, and bruiſed the leaves and roots, put them with a quart of Brandy into a glaſs cucurbit, of which ſtop the mouth, and ſet it in a warm place, where let it remain two or three days. Then add a pint of ſimple Balm-water, and ſhake the whole well together; after which diſtill in a vapour bath till the ingredients are left almoſt dry; and preſerve the water thus obtaind, in bottles well ſtopped.

This water has been long famous at Paris and London, and carried thence to moſt parts of Europe. It has the reputation of being a cordial of very extaordinary virtues, and not only of availing in all lowneſs of ſpirits, but even in apoplexies. It is alſo much eſteemed in caſes of the gout in the ſtomach; whence the carmelite Friars, who originally

were in poſſeſſion of the ſecret, have reaped great benefit from the ſale of this water.

Sweet Honey-Water.

Take of good French Brandy, a gallon; of the beſt Virgin Honey and Coriander-ſeeds, each a pound; Cloves, an ounce and a half; Nutmegs, an ounce; Gum Benjamin and Storax, of each an ounce; Vanilloes No. 4; the Yellow Rind of three large Lemons; bruiſe the ſpices and Benjamin, cut the Vanilloes into ſmall pieces, put all into a cucurbit, and pour the Brandy on them. After they have digeſted forty-eight hours, diſtill off the Spirit in a retort with a gentle heat.

To a gallon of this water, add of Damaſk Roſe-water and Orange Flower-water, of each a pint and a half; Muſk and Ambergriſe, with ſome of the water, and afterwards put all into a large matraſs, ſhake them well together, and let them circulate three days and nights in a gentle heat. Then, letting the water cool, filtre and keep it for uſe, in a bottle well ſtopped.

It is an antiparalytic, ſmooths the ſkin, and gives one of the moſt agreeable ſcents Imaginable. Forty or ſixty drops put into a pint of clear water, are ſufficient to waſh the hands and face.

Sweet-ſcented Water.

Take Orange Flower-water and Roſe-water, of each an equal quantity; put them into a large wide-mouthed glaſs, and ſtrew upon the ſurface gently as much Jaſmine Flowers as will cover it; then tie mouth of the glaſs ſo carefully that the Flowers be not ſhook down to the bottom. Repeat the proceſs, letting each quantity of the Flowers remain five or ſix days, until the water is ſtrongly ſcented with them. Then diſſolve Ambergriſe and Muſk, of each a ſcruple, in a few ounces of the water, which filtre and put to the reſt.

The Ladies Water.

Take two handfuls and a half of Red Roſes; Roſemary Flowers, Lavender, and Spikenard, of each a handful; Thyme, Camomile Flowers, Sage of Virtue, Pennyroyal, and Marjoram, of each a handful; infuſe in white wine twenty-four hours; then put the whole into an alembic; ſprinkle with good white wine, and throw on it a powder, compoſed of

of an ounce and a half of choice Cloves, Gum Benjamin, and Storax, ſtrained, each two drachms. The diſtilled water is to be kept in a bottle well ſtopped.

A beautiful Waſh.

Take equal parts of White Tanſey, and Rhubarb Water, and to every half pint add two drachms of Sal Ammoniac. This fluid is applied with a feather or hair pencil, three or four times in a day, to pimples or tetters, on any part of the body.

A Coſmetic Water.

Waſh the face with the tears that iſſue from the Vine, during the months of May and June.

An Excellent Coſmetic.

Pimpernel Water is ſo ſovereign a beautifier of the complexion, that it ought always to have a place on a Lady's toilet.

Noſegay or Toilet Water

Take Honey-water, an ounce; Eau ſans Parellie, two ounces; Jaſmine-water, not quite five drachms; Clove-water and Violet-water of each half an ounce; Cyprus-water, ſweet Calamus-water, and Lavender-water, of each two drachms; Spirit of Neroli or Oranges ten drops; mix all theſe Waters together, and keep the mixture in a vial cloſe corked. — This water has a delightful ſcent; but its uſe is only for the toilet.

A water to chage the Eyebrows black.

Firſt waſh your eyebrows with a decoction of Gall Nuts; then wet them with a pencil or a little bruſh dipped in a ſolution of Green Vitriol, in which a little Gum Arabic has been diſſolved, and when dry, they will appear of a beautiful black colour.

A water for Pimples in the Face.

Boil together a handful of the herbs Patience, and Pimpernel in Water; and waſh yourſelf every day with the decoction.

A diſtilled Water that tinges the Cheeks a beautiful Carnation Hue.

Take two quarts of White Wine Vinegar, three ounces of Iſinglaſs, two ounces of bruiſed Nutmegs, and ſix ounces of Honey; diſtil with a gentle fire, and add to the diſtilled Water a ſmall quantity of Red Sanders, in order to colour

it. Before the Tincture is uſed, the Lady ſhould waſh herſelf with Elder-flower Water, and then the cheeks will become of a fine lively vermillion, that cannot be diſtinguiſhed from the natural bloom of youth.

To remove Freckles.

Take Houſelick, and Celandine, of each an equal quantity; diſtil in a ſand heat, and waſh with the diſtilled Water.

Method of extracting Eſſences from Flowers.

Procure a wooden box lined with tin, that the wood may not communicate any diſagreeable flavour to the Flowers, nor imbibe the Eſſence. Make ſeveral ſtraining frames to fit the Box, each about two inches thick, and drive in them a number of hooks, on which fix a piece of calicoe ſtretched tight. The utmoſt care is requiſite, to have the ſtraining cloths perfectly clean and dry before they are uſed.

After having cauſed the cloths to imbibe as much Oil of Ben as poſſible, ſqueeze them a little, then ſtretch and fix them on the hooks of the frames; put one frame thus completed at the bottom of the box, and upon its cloth ſtrow equally thoſe flowers, the eſſence of which you intend to extract; cover them with another frame, on the cloth of which you are to ſtrow more flowers, and continue to act in the ſame manner till the box is quite filled. The frames being each about two inches thick, the flowers undergo very little preſſure, though they lye between the cloths. At the expiration of twelve hours, apply freſh flowers in the ſame manner, and continue ſo to do for ſome days. When you think the ſcent powerful enough, take the cloths from the frames, fold them in four, roll them up, and tie them tight with a piece of whip-cord, to prevent their ſtretching out too much, then put them into a preſs, and ſqueeze out the oil. The preſs muſt be lined with tin, that the wood may not imbibe any part of the oil. Place underneath a very clean earthen or glaſs veſſel to receive the eſſence, which are to be kept in bottles nicely corked.

The eſſence of one kind of flowers only, can be made in a box at the ſame time, for the ſcent of one would impair that of another. For the ſame reaſon, the cloths that have been uſed to extract the eſſence of any particular flower,

cannot

cannot be uſed to extract the eſſence of another, till waſhed clean in a ſtrong lye, and thoroughly dried in the open air. This method is of great uſe to obtain the ſcent of flowers which afford no Eſſential Oil by diſtillation, ſuch as Tube-roſes, Jaſmine, and ſeveral others.

Eſſence of Ambergriſe.

Take of Ambergriſe a quarter of an ounce; the ſame quantity of Sugar Candy; Muſk, half a drachm; and Civet, two grains; rub them together, and put the mixture into a Phial: pour upon it a quarter of a pint of tartariſed Spirit of Wine, ſtop cloſe the Phial, which ſet in a gentle ſand heat for four or five days, and then decant the clear Tincture for uſe. This makes the beſt of perfumes; the leaſt touch of it leaves its ſcent upon any thing a great while; and in conſtitutions where ſuch ſweets are not offenſive to the head, nothing can be a more immediate Cordial.

An excellent Perfume for Gloves.

Take Ambergriſe, a drachm; the ſame quantity of Civet; and of Orange Flower Butter, a quarter of an ounce; mix theſe ingredients well, and rub them into the gloves with fine Cotton Wool, preſſing the perfume into them.

To ſweeten the Breath.

At night, going to bed, chew about the quantity of a ſmall Nut of fine Myrrh.

A coſmetic Oil.

Take a quarter of a pint of Oil of Sweet Almonds, freſh drawn; two ounces of Oil of Tartar per Deliquium; and four drops of Oil of Rhodium: mix the whole together, and make uſe of it to cleanſe and ſoften the ſkin.

Virgin's Milk. A ſafe and approved Coſmetic

Take equal parts of Gum Benjamin, and Storax, and diſſolve them in a ſufficient quantity of Spirit of Wine. The ſpirit will then become a reddiſh Tincture, and exhale a very fragrant ſmell. Some people add a litte Balm of Gilead. Drop a few Drops into a glaſs of clear Water, by ſtirring, will inſtantly become milky. Ladies uſe it ſucceſsfully to clear the complexion, for which purpoſe nothing is better, or indeed ſo innocent and ſafe.

A Liniment to deſtroy Nits.

Take of Oil of Bays, Oil of Sweet Almonds, and old Hogs

Hogs Lard, of each two ounces; powdered Staveſacre, and Tanſy Juice, of each half an ounce; Aloes, and Myrrh, of each a quarter of an ounce; the ſmaller Centaury and Salt of Sulpher, of each a drachm: mix the whole into a liniment. Before you uſe it, waſh the hair with Vinegar.

A Perfume to ſcent Powder.

Take a drachm of Muſk, four ounces of Lavender Seeds, a drachm and a half of Civet, and half a drachm of Ambergriſe. Beat the whole together into powder, and ſift thro' a hair ſieve. Keep this perfume in a box that ſhuts very cloſe, to ſcent powder with, according to your fancy.

To perfume a Houſe, and purify the Air.

Take a root of Angelica, dry it in an oven, or before the fire, then bruiſe it well and infuſe it four or five days in White Wine Vinegar. When you uſe it, lay it upon a brick made red hot, and repeat the operation ſeveral times.

Paſte of dried Almonds to cleanſe the Skin.

Beat any quantity you pleaſe, of Sweet and Bitter Almonds in a marble mortar, and while beating, pour on them a little Vinegar in a ſmall ſtream to prevent their turning oily: then add two drachms of Storax in fine powder, two ounces of White Honey, and two Yolks of Eggs boiled hard; mix the whole into a paſte

Cold Cream, or Pomatum for the Complexion.

Take White Wax and Spermaceti, of each a drachm; Oil of Sweet Almonds, two ounces; Spring Water, an ounce and a half; melt the Wax and Spermaceti together in the Oil of Almonds, in a glazed earthen pipkin, over hot aſhes, or in a vapour-bath; pour the ſolution into a marble mortar, and ſtir it about with a wooden peſtle, till it grow cold, and ſeem quite ſmooth; then mix the Water gradually, and keep ſtirring, till the whole is incorporated. This pomatum becomes extremely white and light by the agitation, and very much reſembles cream, from its ſimilitude to which it has obtained its name.

This pomatum is an excellent coſmetic, and renders the ſkin ſupple and ſmooth. Some add a little Balm of Gilead to heighten its virtue; and it is ſometimes ſcented, by uſing Roſe-water or Orange-flower Water in the preparation, inſtead

inſtead of Spring-water, or with a few drops of any Eſſence, as fancy directs. It is alſo very good to prevent marks in the face from the Small-pox; in which laſt caſe, a little powder of Saffron, or ſome deſiccative powder, ſuch as Flowers of Zinc or French Chalk, is uſually added. Keep it for uſe in a large gallypot tied over with a bladder.

Lavender Pomatum.

Take two pounds and a half of Hog's Lard, ten pounds of Lavender Flowers, and a quarter of a pound of Virgin's Wax; put two pounds of picked Lavender Flowers into a proper veſſel with the Hog's Lard, and knead them with your hands into as uniform a paſte as poſſible. Put this mixture into a pewter, tin, or ſtone pot, and cork it tight; place the veſſel in a vapour-bath, and let it ſtand ſix hours; at the expiration of which time, ſtrain the mixture through a coarſe linen cloth, with the aſſiſtance of a preſs. Throw away the Lavender Flowers as uſeleſs, pour the melted Lard back into the ſame pot, and add four pounds of freſh Lavender Flowers. Stir the Lard and Flowers together while the Lard is in a liquid ſtate, in order to mix them thoroughly; and repeat the former proceſs. Continue to act in this manner till the whole quantity of Lavender Flowers is uſed. Then ſet in a cool place the pomatum ſeparated from the Lavender Flowers, that it may congeal, pour off the brown aqueous juice extracted from them; and waſh the Pomatum in ſeveral waters, ſtirring it with a wooden ſpatula, to ſeparate any remaining watery particles, till the laſt water remains perfectly colourleſs. Then melt the Pomatum in a vapour-bath, and keep it in that ſtate about an hour, in a veſſel well corked; leaving it afterwards to congeal. Repeat this laſt operation till the aqueous particles are entirely extracted when the Wax muſt be added, and the Pomatum having been again melted, in a vapour-bath, in a veſſel cloſely corked, be ſuffered to congeal as before. When properly prepared, fill it into gallypots, and tye the mouth over with wet bladders, to prevent the air from penetrating.

This pomatum is extremely fragrant, but is uſed only for dreſſing the hair.

In the ſame manner are prepared, Orange-flower Pomatum, Jaſmine Pomatum, and all Pomatums made of ordi-

ferous

ferous flowers. Common Pomatum ſcented with the eſſences of any ſuch Flowers, may be uſed as a good ſuccedaneum.

White Pomatum.

Take an ounce of Florentine Orrice-root, half an ounce of Calamus Aromaticus, and as much Gum Benjamin, a quarter of an ounce of Roſe-wood, and a quarter of an ounce of Cloves. Bruiſe the whole into a groſs powder, tie it up in a piece of linen, and ſimmer it in a vapour-bath, with two pounds and a half of Hog's Lard well waſhed; add a couple of Pippins pared and cut into ſmall bits, four ounces of Roſe-water, and two ounces of Orange-flower Water. After the ingredients have ſimmered together a little while, ſtrain off the Liquor gently, and let the Pomatum ſtand till cold; then put it by for uſe in the ſame manner as other pomatums.

Red Pomatum

Is made by adding to the above more or leſs Alkanet Root bruiſed, according to the depth or colour you would wiſh to impart. Simmer the Pomatum and Alkanet together, ſtirring the mixture with a wooden ſpatula, till the pomatum is ſufficiently tinged; then ſtrain it from the Root, and ſet it by for uſe.

Orange-Flower Pomatum.

Take two pounds and a half of Hog's Lard, and three pounds of Orange Flowers; mix them together in a marble mortar; then put the mixture into an earthen veſſel with ſome Water, and place it in a vapour-bath, where let it ſtand till the Lard is melted, and floats about the Flowers. When it has ſtood till cold, pour away the Water, and ſimmer in the uſual manner, with three pounds of freſh Orange Flowers. Repeat the ſame operation twice more with two pounds of Orange Flowers each time; and the firſt time, while the mixture ſtands in infuſion, add a jill of Orange-flower Water. Strain through a hair ſieve held over an earthen diſh; drain off the Water thoroughly when cold, and keep the Pomatum in a dry place, in a gallypot cloſe tied over with a bladder.

In the ſame manner are prepared Jaſmine, Jonquil, Tuberoſe, Lavender Pomatums, and all pomatums ſcented with Flowers.

Sultana

Sultana Pomatum.

This pomatum is made of Balſam of Mecca, Spermaceti, and oil of Sweet Almonds cold drawn. It cleans and preſerves the complexion, and is of uſe for red pimpled faces.

Orange-Flower Powder.

Put half a pound of Orange Flowers into a box that contains twelve pounds and a half of powdered Starch; mix them well with the Starch, and ſtir the mixture at intervals, to prevent the Flowers from heating. At the expiration of twenty-four hours, remove the old flowers, and mix with the Starch the ſame quantity of freſh Orange Flowers. Continue acting in this manner for three days together, and if you think the perfume not ſufficiently ſtrong, add freſh Flowers once or twice more. The box muſt be kept cloſe ſhut, as well after as during the operation.

Jonquil Powder.

Take of Starch Powder and Jonquil Flowers, in the ſame proportion as in the preceding article; ſtrew the Flowers among the Powder, and at the expiration of twenty hours, ſift it through a coarſe ſieve. Then throw away the Flowers, and add to the Powder the ſame quantity of Freſh Flowers. Continue this method four or five days, obſerving never to touch the powder while the Flowers lie mixed with it; and the former will hence acquire a very agreeable perfume.

In the ſame manner are prepared, Hyacinth, Muſk, Roſe, and Damaſk Roſe Powders, &c.

Coarſe Violet Powder.

Beat ſeparately into coarſe Powder the following ingredients, viz. half a pound of dried Orange Flowers; of Lemon-peel dried, Yellow Sanders, Muſk Roſes, and Gum Benjamin, each a quarter of a pound; Lavender Tops dried, three ounces; of Roſe Wood, Calamus Aromaticus, and Storax, each two ounces; an ounce of Sweet Marjoram, half an ounce of Cloves, two pounds of Florentine Orris-root, and a pound of dried Provence Roſes; mix the whole together. When you want to fill bags with this Powder, mix a drachm of Muſk and half a drachm of Civet, with a little Mucilage of Gum Tragacanth made with Angelic Water, and a little Sweet-ſcented Water, and rub the inſide of the bag over with the compoſition, before you fill it with the violet Powder.

Jaſmine

Jaſmine Powder.

Powder French Chalk, ſift it through a fine ſieve, put it in a box, and ſtrew on it a quantity of Jaſmine Flowers; ſhut down the lid cloſe, and add freſh Flowers every four and twenty hours. When the Powder is well impregnated with the ſcent of Jaſmine, rub together a few grains of Civet, Ambergriſe, and add a little white Sugar Candy, and mix them with the Powder.

Ambrette Powder.

Take ſix ounces of Bean Flour, and the ſame quantity of worm-eaten Wood, four ounces of Cyprus Wood, two ounces of Yellow Sanders, two ounces of Gum Benjamin, an ounce and a half of Storax, a quarter of an ounce of Calamus Aromaticus, and as much Labdanum; beat the whole into a very fine powper, and ſift it through a lawn ſieve. Add four grains of Ambergriſe, and half an ounce of Mahaleb or Muſk Seeds; mix them with the reſt of the powder, and keep the whole in a bottle cloſe ſtopped for uſe. You may put any quantity you pleaſe of this Perfume into common powder, to give it an agreeable flavour.

Fragrant Cyprus Powder.

Waſh Oak Moſs ſeveral times in pure water and dry it thoroughly; then ſprinkle over it Orange Flower and Roſe-water, and ſpread it thin upon a hurdle to dry. Afterwards place under it a chaffing-diſh, in which burn ſome Storax and Benjamin. Repeat this operation till the Moſs becomes well perfumed; then beat it to fine powder, and to every pound add a quarter of an ounce of Muſk, and as much Civet.

The white Powder that enters into the Compoſition of the Delightful Perfume.

Take a pound of Florentine Orrice-root, twelve Cuttle-fiſh Bones, eight pounds of Starch, and a handful of Sheep or Bullock's Bones calcined to whiteneſs; beat the whole into a powder, and ſift it through a fine hair ſieve.

Grey Powder.

To the Reſiduum of the preceding add a little Starch and Wood-aſhes in fine powder; rub them together in a mortar ſome time, and then ſift through a fine hair ſieve.

Flaxen coloured Powder.

Add to the White powder a very little Yellow Ochre.

The

The White Powder may be tinged of any colour, by adding ingredients of the colour you fancy.

A Remedy for Moiſt Feet.

Take twenty pounds of Lee made of the Aſhes of the Bay Tree, three handfuls of Bay Leaves, a handful of Sweet Flag, with the ſame quantity of Calamus Aromaticus, and Dittany of Crete; boil the whole together for ſome time, then ſtrain off the liquor, and add two quarts of Wine. Steep your feet in this bath an hour every day, and in a ſhort time they will no longer exhale a diſagreeable ſmell.

A Secret to take away Wrinkles.

Heat an Iron Shovel red hot, throw on it ſome Powder of Myrrh, and receive the ſmoke on your face, covering the head with a napkin to prevent its being diſſipated. Repeat this operation three times, then heat the Shovel again, and when fiery hot pour on it a mouthful of White Wine. Receive the vapour of the Wine alſo on your face, and repeat it three times. Continue this method every night and morning as long as you find occaſion.

A Rouge for the Face.

Alkanet Root ſtrikes a beautiful red when mixed with Oils or Pomatums. A Scarlet or Roſe-coloured Ribband wetted with Water or Brandy, gives the Cheeks, if rubbed with it, a beautiful bloom that can hardly be diſtinguiſhed from the natural colour. Others only uſe a Red Sponge, which tinges the cheeks of a fine carnation colour.

The Turkiſh Method of preparing Carmine.

Infuſe, during three or four days, in a large jar filled with White Wine Vinegar, a pound of Brazil Wood Shavings of Fernambuca, having firſt beaten them to a coarſe powder; afterwards boil them together half an hour; then ſtrain off the Liquor through a coarſe linen cloth, ſet it again upon the fire, and having diſſolved half a pound of Alum in White Wine Vinegar, mix both Liquors together, and ſtir the mixture well with a ſpatula. The ſcum that riſes is the Carmine; ſkim it off carefully, and dry it for uſe.

Carmine may alſo be made with Cochineal, or Red Sanders, inſtead of Brazil Wood.

A ſweet-

A ſweet-ſcented Bag to wear in the Pocket.

Take thin Perſian, and make it into little bags about four inches wide, in the form of an oblong ſquare. Rub the inſide lightly with a little Civet, then fill them with coarſe powder a la Marechale, or any other odoriferous Powder you chooſe; to which add a few cloves, with a little Yellow Sanders beaten ſmall, and ſew up the mouths of the bags.

Bags to ſcent Linen.

Take Roſe Leaves dried in the ſhade, Cloves beat to a groſs powder, and Mace ſcraped; mix them together, and put the compoſition into little bags.

Certain Methods to improve the Complexion.

Brown ladies ſhould frequently bathe themſelves, and waſh their faces with a few drops of Spirit of Wine, ſometimes with Virgin's Milk, and the diſtilled Waters of Pimpernel, White Tanſy, Bean Flowers, &c. Theſe deterſive penetrating applications by degrees remove the kind of varniſh that covers the ſkin, and thus render more free the perſpiration, which is the only coſmetic.

A great quantity of a ſubſtance reſembling Butter is extracted from the Cocoa Tree, which is excellent to molify and nouriſh the ſkin, and has long been uſed for this purpoſe amongſt the Spaniſh Creolian women.

Pomatum to make the Hair grow in a bald Part.

Take Hen's Fat, Oil of Hempſeed, and Honey, of each a quarter of a pound; melt them together in an earthen pipkin, and keep the mixture ſtirring with a wooden ſpatula, till cold. This pomatum, to obtain the deſired effect, muſt be rubbed on the part eight days ſucceſſively.

Manner of Scenting Pomatums for the Hair.

Spread your Pomatum about an inch thick upon ſeveral diſhes or plates, ſtrewing the flowers you make choice of on one diſh, and covering them with another. Change the Flowers to freſh ones every twelve hours, and continue to purſue this method for ten or twelve days; mixing the pomatum well, and ſpreading it out every time that freſh Flowers are added. It will ſoon acquire a fragrant ſcent, and may be uſed in what manner you think proper. It is good for almoſt every coſmetic purpoſe, but more particularly

ticularly for the hair, which it nouriſhes, ſtrengthens, preſerves, and thickens.

A Yellow Lip-Salve.

Take Yellow Bee's Wax, two ounces and a half; Oil of Sweet Almonds, a quarter of a pint; melt the Wax in the Oil, and let the mixture ſtand till it become cold, when it acquires a pretty ſtiff conſiſtence. Scrape it into a marble mortar, and rub it with a wooden peſtle, to render it perfectly ſmooth. Keep it for uſe in a gallypot, cloſely covered.

It is emollient and lenient; of courſe good for chaps in the lips, hands, or nipples; and preſerves the ſkin ſoft and ſmooth.

A Cruſt of Bread applied hot, is an efficacious remedy for pimples that riſe on the lips, in conſequence of having drank out of a glaſs after an uncleanly perſon.

To efface Spots or Marks of the Mother, on any part of the Body.

Steep in Vinegar of Roſes, or ſtrong White Wine Vinegar, Borrage Roots ſtripped of their ſmall adhering fibres, and let them ſtand to infuſe twelve or fourteen hours. Bathe the part affected frequently with this Infuſion, and in time the marks will totally diſappear.

To take away Marks, and fill up the Cavities left after the Small-Pox.

Take Oil of the four large Cold Seeds, Oil of Eggs, and Oil of Sweet Almonds, of each half an ounce; Plantain and Nightſhade Water, of each three quarters of an ounce; Litharge and Ceruſs finely powdered and waſhed in Roſe-water, of each a drachm. Put the Litharge and Ceruſs into a braſs pot, and incorporate them over a fire, with the Oils, adding the latter gradually, and ſtirring the mixture all the while. Then add by degrees alſo the Nightſhade and Plantain Water, and thus form a Liniment, with which anoint the face of the patient as ſoon as the ſcabs of the Small-pox begin to ſcale off; and repeat the application as occaſion may require.

A curious Varniſh for the Face.

Fill into a bottle three quarters of a pint of good Brandy, infuſing in it an ounce of Gum Sandarach, and half an ounce of Gum Benjamin. Frequently ſhake the bottle till the Gums are wholly diſſolved, and then let it ſtand to ſettle.

Apply

Apply this varniſh after having waſhed the face clean, and it will give the ſkin the fineſt luſtre imaginable.

An excellent Opthalmic Lotion for the Eyes.

Take White Vitriol and Bay Salt, of each an ounce; decrepitate them together, and when the detonation is over, pour on them, in an earthen pan, a pint of boiling Water or Roſe-water. Stir them together, and let them ſtand ſome hours. A variouſly coloured ſkin will be formed on the ſurface, which carefully ſkim off, and put the clear liquor into a bottle for uſe.

This was communicated to the author as a great ſecret; and indeed he has found it by experience very ſafely to cool and repel thoſe ſharp humours that ſometimes fall upon the Eyes, and to clear the latter of beginning films and ſpecks. If too ſharp, it may be diluted with a little Roſe-water.

Method of making Snuff.

Firſt ſtrip off the Stalks and large fibres of the Tobacco, then ſpread the Leaves on a mat or carpet to dry in the ſun, afterwards rub them in a mortar, and ſift the powder through a coarſe or fine ſieve, according to the degree of fineneſs you would have your ſnuff; or grind the Tobacco Leaves, prepared in the manner before directed, in a ſnuff-mill, either into a groſs or fine powder, according as you preſs cloſe or eaſe the mill-ſtone.

Method of cleanſing Snuff in order to ſcent it.

Fix a thick linen cloth in a little tub that has a hole in the bottom, ſtopped with a plug that can eaſily be taken out, to let the water run off when wanted. This cloth muſt cover the whole inſide of the tub, and be faſtened all round the rim. Put your Snuff in it, and pour on the Water. When it has been ſteeped twenty-four hours, let the Water run out, and pour on freſh; repeat this operation three times, if you would have the Snuff thoroughly cleanſed, and every time ſqueeze the Snuff hard in the cloth, to diſcharge the Water entirely from it. Then place your Snuff on an ozier hurdle covered with a thick linen cloth, and let it dry in the ſun; when it is thoroughly dry, put it again into the tub, with a ſufficient quantity of Angelic, Orange Flower, or Roſe-water. At the expiration of twenty-four hours take the Snuff out of the water, and dry it as before, frequently

quently ſtirring it about, and ſprinkle it with the ſame ſweet-ſcented Water as was uſed at firſt. The whole of this preparation is abſolutely neceſſary to render Snuff fit to receive the ſcent of Flowers.

If the Snuff is not required to be of a very excellent quality, and you are unwilling to waſte more of it than can poſſibly be avoided, waſh it only once, and ſlightly cleanſe it. This purgation may the better ſuffice, if while drying in the ſun, you take care to knead the Snuff into a cake ſeveral times, and often ſprinkle it with ſome ſweet-ſcented Water.

Method of ſcenting Snuff.

The Flowers that moſt readily communicate their flavour to Snuff are Orange Flowers, Jaſmine, Muſk Roſes, and Tuberoſes. You muſt procure a box lined with dry white paper; in this ſtrow your Snuff on the bottom about the thickneſs of an inch, over which lay a layer of Snuff, and continue to lay your Flowers and Snuff alternately in this manner, until the box is full. After they have lain together four and twenty hours, ſift your ſnuff through a ſieve to ſeparate it from the Flowers, which are to be thrown away, and freſh ones applied in their room in the former method. Continue to do this till the Snuff is ſufficiently ſcented; then put it into a caniſter, which keep cloſe ſtopped.

A very agreeable ſcented Snuff may be made with Roſes, by taking Roſe-buds, ſtripping off the green cup, and piſtil that riſes in the middle, and fixing in its place a Clove; being careful not to ſeparate the Leaves that are cloſed together. The Roſe-buds thus prepared, are to be expoſed to the heat of the ſun a whole month, incloſed in a glaſs well ſtopped, and are then fit for uſe.

To make Snuff ſcented with a thouſand Flowers, take a number of different Flowers, and mix them together, proportioning the quantity of each Flower, to the degree of its perfume, ſo that the flavour of no one particular Flower may be predominant.

Perfumed Snuff.

Take ſome Snuff, and rub it in your hands with a little Civet, opening the body of the Civet ſtill more by rubbing it in your hands with freſh Snuff; and when you have mixed

it

it perfectly with the Snuff, put them into a canister. Snuff is flavoured with other perfumes in the same way.

Snuff after the Maltese Fashion.

Perfume with Ambergrise, in the manner already described, some Snuff previously scented with Orange Flowers. Then grind in a mortar a little Sugar with about ten grains of Civet, and mix by little and little with about a pound of the foregoing Snuff.

Italian Snuff.

Put into a mortar, or other convenient vessel, a quantity of Snuff already scented with some Flower, pour on it a little White Wine, and add if agreeable, some Essence of Ambergrise, Musk, or any other Perfume you like best; stir the Snuff and rub it well between your hands. Scent Snuff in this manner with any particular flavour, and put the different scented Snuffs in separate boxes, which are to be marked, to prevent mistakes.

Snuff scented after the Spanish Manner.

Take a lump of double-refined Sugar, rub it in a mortar with twenty grains of Musk; add by little and little a pound of Snuff, and grind the whole with ten grains of Civet, rubbing it afterwards well between your hands.

Seville Snuff is scented with twenty grains of Vanilloes only. Keep your Snuff in canisters closely stopped, to prevent the scent from exhaling.

As Spanish Snuff is very fine and of a reddish colour, to imitate it nicely, take the best Dutch Snuff, well cleansed, granulated, and coloured red; beat it fine, and sift it through a very fine lawn sieve. After it has been cleansed according to the foregoing directions, it is fit to take any scent whatever.

There is no risk in using a sieve that retains the scent of any Flower, to perfume your Snuff with the flavour of Musk, Ambergrise, or any other Perfume. On the contrary, the Snuff receives the Perfume the more readily, and preserves its flavour the longer on that account.

A Medicine to cure Warts.

Anoint the warts with the milky Juice of the herb Mercury several times (or, divide a Red Onion, and rub the warts well with it,) and they will be found to disappear.

To

To take Iron Mould out of Linen.

Hold the Iron Mould over the Fume of Boiling Water for ſome time, then pour on the ſpot a little Juice of Sorrel and a little Salt, and when the cloth has thoroughly imbibed the Juice, waſh it in Lee.

To take out Stains of Oil.

Take Windſor Soap ſhaved thin, put it into a bottle half full of Lee, throw in the ſize of a Nut of Sal Armoniac, a little Cabbage Juice, two Yolks of new-laid Eggs, and Ox-gall at diſcretion, and laſtly an ounce of powdered Tartar: then cork the bottle, and expoſe it to the heat of the noon day ſun four days, at the expiration of which time it becomes fit for uſe. Pour this Liquor on the ſtains, and rub it well on both ſides of the cloth; then waſh the ſtains with clear Water, or rather with the following Soap, and when the cloth is dry, they will no longer appear.

Scowering Balls.

Take ſoft Soap, or Fuller's Earth; mix it with Vine Aſhes ſifted through a fine ſieve, and with powdered Chalk Alum, and Tartar, of each equal parts; form the maſs into balls, which dry in the ſhade. Their uſe is to rub on ſpots and ſtains, waſhing the ſpotted part afterwards in clear Water.

To take out Stains of Coomb.

Put Butter on the ſtain, and rub it well with a piece of brown paper laid on a heated ſilver ſpoon; then waſh the whole in the ſame manner as directed for ſpots of Wax.

To take out Stains of Urine.

Waſh the ſtained place well with boiled Urine, and afterwards waſh it in clear Water.

To take out Stains on Cloth of whatever Colour.

Take half a pound of Honey, the ſize of a Nut of Sal Armoniac, and the Yolk of an Egg; mix them together, and put a little of this mixture on the ſtain, letting it remain till dry. Then waſh the cloth with fair Water, and the ſtains will diſappear. Water impregnated with mineral Alkaline Salt or Soda, Ox-gall, and Black Soap, is alſo very good to take out ſpots of greaſe.

To take out Spots of Ink.

As ſoon as the accident happens, wet the place with Juice

of Sorrel, or Lemon, or with Vinegar, and the beſt hard White Soap.

To take out Spots of Pitch and Turpentine.

Pour a good deal of Sallad Oil on the ſtained place, and let it dry on it four and twenty hours; then rub the inſide of the cloth with the Scowering Ball and warm Water.

To take out Spots of Oil on Sattin and other Stuffs, and on Paper.

If the ſpot be not of long ſtanding, take the Aſhes of Sheep's Trotters calcined, and apply them hot both under and upon the ſpot. Lay on it ſomething heavy, letting it remain all night; and if in the morning the ſpot is not entirely effaced, renew the application repeatedly till it wholly diſappear.

To take out Spots on Silk.

Rub the Spots with Spirit of Turpentine; this Spirit exhaling, carries off with it the Oil that cauſes the Spot.

Balls to take out Stains.

Take an ounce of Quick-lime, half a pound of Soap, and a quarter of a pound of White Clay; moiſten the whole with Water, and make it into little balls, with which rub the ſtains, and afterwards waſh them with fair water.

To clean Gold and Silver Lace.

Take the Gall of an Ox and of a Pike, mixed well together in fair Water, and rub the gold or ſilver with this compoſition.

To reſtore to Tapeſtry its original Luſtre.

Shake well, and thoroughly clean the tapeſtry; then rub it twice over with Chalk, which, after remaining ſeven or eight hours each time, is to be bruſhed off with a hard bruſh; the tapeſtry being likewiſe well beaten with a ſtick, and ſhaked.

To clean Turkey Carpets.

To revive the colour of a Turkey Carpet, beat it well with a ſtick, till the duſt is all got out; then with Lemon or Sorrel Juice take out the Spots of ink, if the carpet be ſtained with any; waſh it with cold Water, and afterwards ſhake out all the Water from the threads of the carpet. When it is thoroughly dry, rub it well over with the Crumb of a hot Wheaten Loaf; and if the weather is very fine, hang it out in the open air a night or two.

To refreſh Tapeſtry, Carpets, Hangings, or Chairs.

Beat the duſt out of them on a dry day as clean as poſſible, and bruſh them well with a dry bruſh. Afterwards rub them well over with a good lather of Caſtile Soap, laid on with a bruſh. Waſh off the froth with common Water; then waſh the tapeſtry, &c with Alum Water. When the cloth is dry, you will find moſt of the colours reſtored. Thoſe that are yet too faint, touch up with a pencil dipped in ſuitable colours, and indeed you may run over the whole piece in the ſame manner with water colours, mixed with weak gum water, and, if well done, it will cauſe the tapeſtry, &c. to look at a diſtance like new.

To take Wax out of Silk or Camblet.

Take Soft Soap, rub it well on the ſpots of wax, dry it in the ſun till it grows hot, then waſh the ſpotted part with cold Water, and the wax will be entirely taken out.

To take Wax out of Velvet of all Colours except Crimſon.

Take a Crummy Wheaten Loaf, cut it in two, toaſt it before the fire, and while very hot, apply it to the part ſpotted with wax. Then apply another piece of toaſted Bread hot as before, and continue to repeat this application till the wax is entirely taken out.

To waſh Gold or Silver Work on Linen, or any other Stuff, ſo as to look like new.

Take a pound of Ox-gall; Honey and Soap, of each three ounces; Florentine Orrice in fine powder, three ounces; mix the whole in a glaſs veſſel into a Paſte, and expoſe it to the ſun during ten days; then make a decoction of Bran, and ſtrain it clear. Plaſter over with your bitter Paſte, the places you want to clean, and afterwards waſh off the Paſte with the Bran-water, till the water is no longer tinged. Then wipe with a clean linen cloth the places you have waſhed; cover them with a clean napkin, dry them in the ſun, preſs and glaze, and the work will look as well as when new.

To take Spots out of Silken or Woollen Stuffs.

Take a ſufficient quantity of the fineſt Starch, wet it in an earthen pipkin with Brandy, rub a little on the ſpots, let it dry on them, and then bruſh it off; repeat this operation till the ſpots are wholly taken out. You muſt be

careful to beat and brush well the place on which the Starch was applied.

To take Stains of Oil out of Cloth.

Take Oil of Tartar, pour a little on the spot, immediately wash the place with warm Water, and two or three times after with cold Water, and the spot will entirely disappear.

To take Stains out of White Cloth.

Boil an ounce of Alum in a gallon and a half of Water, for half an hour, and then add a piece of White Soap, and half an ounce more of Alum, and after it has stood in cold infusion two days, wash with this mixture stains in any kind of cloth.

To take Stains out of Crimson Velvet, and coloured Velvets.

Take a quart of strong Lee made with Vine Ashes, dissolve in it half an ounce of Alum; and when the mixture has settled, strain it through a linen cloth. Then take half a drachm of soft Soap, and the same quantity of Castile Soap, a drachm of Alum, half a drachm of Crude Sal Armoniac, a scruple of Salt, a little Loaf Sugar, Juice of Celandine, and the Gall of a Calf; mix the whole well, and when strained off, it will be very good to take spots or stains out of crimson velvet or cloth. For velvets or cloths of other colours, you dye your Liquor of the proper colour, by boiling in it some Flocks of the same colour as the cloth you intend to clean.

A Soap that takes out all manner of Spots and Stains.

Take the Yolks of Six eggs, half a table spoonful of bruised Salt, and a pound of Venetian Soap; mix the whole together with the Juice of Beet-roots, and form it into round balls, that are to be dried in the shade. The method of using this Soap is to wet with fair Water the stained part of the cloth, and rub both sides of it well with this Soap; then wash the cloth in Water, and the stain will no longer appear.

Another method to take Stains or Spots out of White Silk or Crimson Velvet.

First soak the place well with Brandy or Spirit of Wine, then rub it over with the white of a new-laid Egg, and dry it in the sun. Wash it briskly in cold Water, rubbing the place

place where the ſpot is hard between the fingers; and repeat this operation a ſecond and even a third time, if it has not previouſly ſucceeded.

A Receipt to clean Gloves without wetting.

Lay the Gloves upon a clean board, and mix together Fuller's Earth and Powder of Alum very dry, which lay over them on both ſides with a moderately ſtiff bruſh. Then ſweep off the Powder, ſprinkle them with Bran and Whiting, and duſt them thoroughly. If not very greaſy, this will render them as clean as when new; but if they are extremely greaſy, rub them with ſtale Crumb of Bread, and Powder of burnt Bones, then paſs them over with a woollen Cloth dipped in Fuller's Earth or Alum Powder.

To colour Gloves.

If you want to colour them of a dark colour, take Spaniſh Brown and Black Earth; if lighter, Yellow Ochre and Whiting, and ſo to the reſt; mix the colour with Size of a moderate ſtrength, then wet the Gloves over with the Colour, and hang them to dry gradually. Beat out the ſuperfluous Colour, ſmooth them over with a ſleeking ſtick, and reduce them to a proper ſize.

A Soap to take out all Kinds of Stains.

Boil a handful of Strawberries or Strawberry Leaves in a quart of Water and a pint of Vinegar, adding two pounds of Caſtile Soap, and half a pound of Chalk in fine powder; boil them together till the water is evaporated. When you uſe it, wet the place with the ſharpeſt Vinegar or Verjuice, and rub it over with this Soap; dry it afterwards before the fire or in the ſun.

An expeditious Method to take Stains out of Scarlet, or Velvet of any other Colour.

Take Soapwort, when bruiſed ſtrain out its Juice, and add to it a ſmall quantity of black Soap. Waſh the Stain with this Liquor, ſuffering it to dry between whiles; and by this means in a day or two the Spots will diſappear.

To waſh Point Lace.

Draw the Lace pretty tight in a frame, then with a lather of Caſtile Soap a little warm, rub it over gently by means of a fine bruſh. When you perceive it clean on one ſide, turn it, and rub the other in the ſame manner; then throw

over

over the Lace ſome Alum-water, taking off the Suds, and with ſome thin Starch go over the wrong ſide of the Lace; iron it on the ſame ſide when dry, and raiſe the flowers with a bodkin.

To clean Point Lace without waſhing.

Fix the Lace in a frame, and rub it with Crumb of ſtale Bread, which afterwards duſt out.

To waſh black and white Sarcenet.

Lay the ſilk ſmooth upon a board, ſpread a little Soap over the dirty places, make a lather with Caſtile Soap, and with a fine bruſh dipped in it, paſs over the Silk the right way, viz. lengthways, and continue ſo to do till that ſide is ſufficiently ſcowered. Then turn the ſilk, ſcowering the other ſide in the ſame manner, and put the ſilk into boiling Water, where it muſt lie ſome time; afterwards rince it in thin Gum Water; if white ſilk, add a little Smalt. This being done, fold the ſilk, clapping or preſſing out the water with your hands on a dry Carpet, till it become tolerable dry; if white, dry it over the Smoak of Brimſtone till ready for ſmoothing, which is to be done on the right ſide with an Iron moderately hot.

French way of waſhing fine Lace or Linen.

Take a gallon of Furz-bloſſoms, and burn them to aſhes; then boil them in ſix quarts of ſoft Water, this when fine you are to uſe when waſhing, with your ſuds, as occaſion requires, and you will have the linen, &c. not only exceeding white, but its done with half the ſoap, and little trouble.

To take Stains of Fruit out of Linen.

Rub all the ſtains very well with Butter, then put the linen into ſcalding hot Milk; let it lie and ſteep there till its cold, and then rub the ſtained places in the Milk, till you ſee they are quite out.

SOAP.

Be careful in chuſing the oldeſt Soap you can get, for that which is new made not only ſpoils the colour of the linen, but alſo does not go ſo far.

Having

Having given the Reader a Collection of the moſt approved Medicinal Receipts, *we ſhall now conclude this Work, by treating in a more copious Manner of* FEVERS; *which it is believed carry more out of the World than all the other Diſtempers (to which Mankind are ſubject) put together, therefore we think it our Duty, not to be ſparing on this important Subject.*

Of FEVERS *in general, which are not intermittent.*

NO Diſeaſes are ſo common as Fevers; and as they differ greatly from one another, both in their Nature and in their Manner of Cure, nothing is ſo neceſſary to all who would do good in the world, by giving Medicines to the Sick, as the rightly knowing how to diſtinguiſh one Kind of Fever from another: There are however ſome things common to all Fevers, as Fevers; and theſe require the ſame Treatment in all.

Whatever kind of Fever appears in the Patient, it is always proper to give a vomit: Take Powder of Ipecacuanha Root, half a drachm; Milk-water, an ounce and a half; Oxymell of Squills, two drachms: Let this be given as ſoon as the firſt Symptoms of a Fever appear, and be worked off with Water-gruel. This brings on a gentle Motion in the Stomach, and all the other Viſcera, and the Patient generally grows hot immediately after it, and falls into a plentiful Sweat: If the Body be very hot, and the Pulſe ſtrong, it is always proper to bleed, and the ſooner this is done the better, and as ſoon as the bleeding is over, the following Clyſter is to be given:

Take Camomile Flowers and Marſhmallow Leaves, of each a handful; boil them in a pint and a half of Water to a pint, ſtrain off the Liquor; and add two ounces of Oil, and one ounce of coarſe Sugar: Give this juſt warm.—When the Tongue is rough and dry, and in a Manner parched up, uſe the following Gargariſm:

Take Marſhmallow Roots, and Quince-ſeeds, of each half

half an ounce: Boil them in twelve ounces of Water to eight; then ſtrain off the Liquor, and add half an ounce of the Juice of Lemons, and three drachms of the Syrup of Quinces: Let a ſpoonful of this be often held in the Mouth.

In the beginning of a Fever, a Looſeneſs of the Bowels is better than Coſtiveneſs; but in the Continuance of the Diſeaſe it is worſe, and if it riſes to any Height, muſt be checked. For this Purpoſe, let the Patient take the common Hartſhorn Drink, which is made by boiling two ounces of burnt Hartſhorn with a Cruſt of Bread and a ſmall piece of Cinnamon, in three pints of Water to a quart: This is to be ſweeten'd with fine Sugar, and drank as the common Drink; and beſides this, prepared Crabs-eyes and red Coral may be given at times in large Doſes. If a Strangury comes on, give the following Emulſion:

Boil three ounces of Pearl Barley, and two ounces of Gum Arabic, in three pints of Water to a quart; then beat in a Marble Mortar, two ounces of blanched Sweet-Almonds, and one ounce of coarſe Sugar to a coarſe Powder: Mix the Decoction of Barley and Gum Arabic by a little at a Time with this, and the Whole will be a milky Liquor, of which the Patient is to take large Draughts at Pleaſure.

Of a Burning FEVER.

A Burning Fever is diſtinguiſhed from the other Kinds, by the violent Heat of the Fleſh and Dryneſs of the Mouth; it is always attended alſo with the following Symptoms: The Patient complains of a remarkable Anxiety and Uneaſineſs, and of a Straitneſs and Pain in the Breaſt, with Difficulty of Breathing, and often a ſlight Shivering: The Fleſh becomes extremely hot, and the Patient becomes ſo thirſty that nothing can alleviate his Appetite of this Kind. The Belly is uſually bound, and there is no natural Tendency to vomit; the Urine is ſmall in Quantity, and of a reddiſh or yellowiſh Colour: There is frequently ſuch a Soreneſs about the Breaſt, that the Patient cannot bear any Perſon's touching the Fleſh. The whole Body, though ſo hot, is perfectly dry and without Sweat; the Tongue looks yellowiſh or blackiſh, and ſeems parched up; and as the Diſeaſe gains

Ground,

Ground, Faintings, Deliriums, and Convulsions come on: Sometimes the Patient is continually awake, and sometimes continually drowsy. The latter of these is the worst Symptom of the two. The Disease is usually more violent every other Day, and is of a very quick Period. Many die of it on the fourth Day, and it seldom holds longer than seven Days: Persons who are full of Blood and subject to Costiveness, and are of violent passionate Dispositions are most subject to this terrible Disease. This kind of Fever is so fatal, that *Hippocrates*, who was very well acquainted with its Nature, distinguishes it by the Name of the *Deadly Fever*; and indeed few People survive an Attack of this Disease, unless proper Means is used, and that in time. On the third or fourth Day of this Disease, the Patient frequently complains of a Dimness of his Eyes, a Pain and Heaviness in the Head, and a Pain in the Neck: At this Time sometimes Tears run from the Eyes without the Person's Consent: This last is a very bad Symptom. After this, the face usually looks red and fiery, and the Nose itches, and on rubbing it, or even without, the blood begins to run from it: If this bleeding be large, the Patient usually recovers, but if small, he continually dies. It is a very bad Omen when the Patient is much worse every other Day. This Disease sometimes, instead of bleeding at the Nose, goes off by Vomiting, sometimes by Purging; and sometimes by violent Sweats, which come on the seventh Day, and are by no Means to be checked, however violent they may appear; for they are the Means Nature uses to conquor the Disease, and she is to be left unmolested in them.

The Method of Cure.

Immediately on the Beginning of the Symptoms, a Vomit is to be given, and this must be half a drachm of Ipecacuanha in a little Milk-water and Oxymell of Squills: As soon as this has done working, let the Patient be put to Bed, and covered moderately warm, but not too hot, and soon after the Vomit, the Patient, if he do not fall into a Sweat, is to be blooded eight or ten ounces, and the following Clyster is to be given:

Take common Mallow Roots and Leaves two handfuls, boil them in a quart of Water to a pint, and add an ounce of

of coarſe Sugar, and two ounces of Oil; let this be given juſt warm, then give the following Medicines:

Take prepared Crabs-Eyes, twelve grains; Virginian Snake Root, eight grains; purified Nitre, ſix grains; Syrup of Quincies, a ſufficient Quantity: Mix the Whole into a Bolus, and let it be given every four Hours, with a Draught of the following Decoction:

Take Pearl Barley, two ounces; Dandelion Root, an ounce; Houſleek and Balm Leaves, of each four ounces; boil theſe in two quarts of Water to three pints, then add two ounces of fine Sugar; let a Draught of this be taken alſo three or four Times a Day by itſelf.

If a Sweat comes on the ſeventh Day, it is to be encouraged by Doſes of half a drachm of Venice Treacle every four Hours, with a quarter of a pint of this Decoction warm: When the Criſis is over, the Strength of the Patient is to be reſtored a little, by giving Clyſters of Milk and the Yolks of Eggs, twice a Day; after this, give the following Mixture: Take Milk-water, ſix ounces; ſtrong Cinnamon-water, an ounce and a half; Confection of Alkermes, an ounce; let three large ſpoonfuls of this be taken every three or four Hours.

Of a Bilious FEVER.

This is a violent and acute Fever, which owes its Origin to a Diſtemperature of the Bile, or Gall, and is always attended either with vomiting or purging: ſometimes with both together. This is in many Reſpects very like the *Burning Fever* before treated of, but it is leſs dangerous, and commonly ſomewhat longer in coming to a Criſis.

The Patient is at firſt ſeized with an univerſal faintneſs; this is followed by an Anxiety and Senſation of Straitneſs about the Stomach, and an immoderate Thirſt. There is often a ſlight Shivering in the Beginning, and this going off is ſucceeded by an intenſe dry Heat of the Fleſh, without any Tendency to Sweats. The Head is ſeized with a violent Pain: Theſe Symptoms continue about two Days, and then a Vomiting and Purging come on, and the other Symptoms become milder. The Matter brought up by vomiting is a ſharp and acrid Gaul, which makes the Mouth

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and Throat ſore in bringing it up; and if voided on the Floor, hiſſes and bubles: Soon after the Vomiting, eſpecially if it be not ſufficiently great, there comes on a purging, and the ſharp Matter corroding the Guts, there is a continual Deſire to go to Stool, even when there is nothing to be voided.

The Method of Cure.

Let the Patient be immediately put to Bed, and if the Pulſe be ſtrong, let eight or ten ounces of Blood be taken from the Arm: After this, give the following Medicines.

Take prepared Pearl, a ſcruple; Powder of Rhubarb and purified Nitre, each ſix grains; Virginian Snake-root in Powder, four grains; Syrup of Saffron, a ſufficient quantity to make a Bolus: Let one of theſe Boluſes be taken every ſix Hours, with four ſpoonfuls of the following Tincture:

Take dried red Roſes and Yarrow Root, of each half an ounce; pour on theſe a quart of boiling Water, and add thirty-five drops of Oil of Vitriol, and two ounces of fine Sugar: Let the Patient take alſo a wine glaſs of this every eight Hours. Every other Day let the following Clyſter be given:

Take Camomile Flowers, a handful; ſweet Fennel Seeds two drachms; Marſhmallow Leaves, a handful: Boil theſe in a pint and a half of Water to a pint, and add to the ſtrained Liquor two drachms of common Salt, two ounces of Oil of Olives, and an ounce of coarſe Sugar: Let theſe Things be continued till the Symptoms abate, and then give only one of the Boluſes every Night and Morning, and finally only one at Night. It is a common Error to give Aſtringents to ſtop the Purging, or allay the Vomiting; for theſe are the Means Nature uſes to relieve herſelf, and the interrupting her in them, changes the Diſeaſe to a worſe, ſuch as a ſlow and dangerous Fever. Toward the end of the Diſeaſe, the Patient is to be made to drink freely of warm Liquors, and ſweating is to be encouraged; but the common Method of giving hot and ſweating Medicines in the Beginning of this Diſeaſe, only increaſes the Fever, and often brings on Rheumatic Pains and Jaundice. If a critical Sweat indeed come on at the Height of the Diſeaſe, which is uſually on the ninth Day, this is to be encouraged,

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as an Effect of Nature, and ſmall Doſes of Venice Treacle are to be given every four or five Hours with warm White-Wine Whey: If Bleeding has been omitted on the firſt Days of the Diſeaſe, it muſt not be done at all; for it brings on Deliriums or Light-headedneſs: Vomiting Medicines are not to be given to call the Matter of the Diſeaſe that Way, becauſe ſuch ſharp Humour is better carried off by Stool.

Of a Continual FEVER.

A Continual Fever is a Diſeaſe in which the fleſh is hot, and the Pulſe quick, and the other Symptoms of Fevers appear, but theſe never remit or become milder, but keep the ſame Degree of Violence for a long Time together, and is never more or leſs high till it arrives at its final Period: This has uſually a putrid Taint in the Blood for its Origin, and is therefore commonly called a Putrid Fever. This is different from moſt other Fevers, in that it does not begin with a Shivering or coldneſs, but the Heat comes on at once, and there is an univerſal Faintneſs, and a Thirſt, but not ſo violent as in the Burning Fever, yet troubleſome enough to the Patient: The Breathing is difficult, and the Patient often complains of a danger of Suffocation or Choaking; the Head is violently pained and giddy, the Face is red, and the Eyes bloated; the Patient complains of a ringing in his Ears, and cannot lie in the ſame Poſture many Minutes: Very often Light-headedneſs comes on early in the Diſeaſe; the Urine is red and clear, and has no Sediment after ſtanding, till the fourth Day is over; but it then throws down a large Settlement of a pale red Colour; the Bowels are uſually coſtive, and Pains in the Limbs are very common in the courſe of this Diſeaſe: Theſe Symptoms uſually continue in the ſame degree till the ſeventh Day; and then if the Patient be young, there uſually happens a bleeding at the Noſe, if advanced in years, then the Criſis is formed by plentiful ſweats.

When the Criſis happens in this Manner on the ſeventh Day, it is a very good Sign, and the Patient uſually recovers, but if this Time paſſes without a Criſis, all the Symptoms grow worſe, and the Patient, if young, become light-headed, and if in Years, he grows ſleepy and comatoſe: This

Diſeaſe

Diſeaſe often brings on a Peripneumony, and ſometimes a Quincy, when the Criſis does not come on at the proper Time, and when it does, and is by bleeding, it often is ſo violent that the Patient's Strength is exhauſted by it: But even in this Caſe it is very dangerous to ſtop it, for the Conſequence of this is throwing the Patient into a Hectic or ſome other chronic Diſeaſe, which he can perhaps never get rid of. Sometimes the Bleeding comes on, on the fourth Day, and in this Caſe it certainly returns again on the Seventh: It may be known to be coming on by the particular Redneſs of the Face, and by an Itching of the Noſe. The Criſis by Sweat may be alſo perceived coming on by a general Itching being felt under the Skin: If the Criſis does not come on at the ſeventh Day, it uſually comes on the Fourteenth; and where this does not happen, it uſually goes off into a ſlow Fever, or a Hectic, or in Swellings.

The Method of Cure.

As ſoon as the Patient is ſeized with this Diſeaſe, he muſt be blooded in the Arm, eight or ten ounces: After this, a gentle Clyſter is to be given, made of Mallow Leaves and Camomile Flowers boiled in Water, and a little Sallad Oil and Sugar. As ſoon as this has worked, the following Medicines are to be given:

Take Lapis Contrayerva, a ſcruple; purified Nitre and diaphoretic Antimony, of each eight grains; Syrup of Saffron, a ſufficient quantity to make the Whole into a Bolus: Let one of theſe be taken every five Hours for the firſt three Days, and after that, every eight Hours, till the Criſis, with four ſpoonfuls of the following Julap after each:

Take Milk-water, Mint and Hyſop-water, of each two ounces; Aqua Mirabillis, an ounce and a half; fine Sugar, three drachms; prepared Pearl, two ſcruples, and Gum Arabic in Powder four grains: Mix the Whole into a Julap, and let the Patient take two Spoonfuls of it at times, between the Hours of taking the Boluſes: If the Bowels continue coſtive, let the Clyſter be repeated every other, or every third Day.——— After three or four Days Continuance, the Boluſes and Julap may be omitted; and in the Room of them, let the following Draughts be given, if the Patient grows weary of taking them:

Take Milk-water, an ounce and a half; Juice of Lemons and Syrup of Cloves, of each two drachms; prepared Crabs Eyes, a ſcruple; purified Nitre and diaphoretic Antimony, of each ſix grains: Make the Whole into a Draught, to be taken at the Times the Boluſes were to be taken; and inſtead of the cordial Julap, let the following Emulſion be uſed:

Take ſweet Almonds and fine Sugar, of each an ounce and a half; Barley-water a quart; beat the Almonds and Sugar well together, and then add the Barley-water by Degrees, and the Whole will be white like Milk: Let a quarter of a pint of this be taken three or four Times a Day; after this the following Draught is to be given:

Take Milk-water, an ounce; Glauber's Salt, two drachms; Manna, ſix drachms; diſſolve theſe over a gentle Heat in the Water, and then add Tincture of Cardamom-ſeeds and Spirit of Lavender, of each forty drops, and let the Whole be taken early in the Morning, and worked off with Water-gruel in the uſual way. Let this Doſe be repeated two other Times, at the Diſtance of two or three Days between each: Bleeding muſt never be allowed after the fourth Day, or the Time when the Urine has a Sediment, for Nature is at this Time preparing for a Criſis, and the Conſequence of bleeding at ſuch improper Times, is either more violent Bleedings at the Noſe, or Light-headedneſs. It is a common, but very miſchievous Error, to give Volatile Salts in this Diſeaſe; the Conſequence of this Treatment is, that Swellings and bad Habits of Body are left behind: Opiates muſt never be given in this Diſeaſe; they bring on Light-headedneſs and ſometimes Palſies. Wine and other ſtrong Liquors are to be wholly forbidden, and the Patient is to be kept moderately warm but not too hot.

Of a Remittent FEVER.

This is a Kind of Fever eaſily diſtinguiſhed from the Continual Fever, in that it has frequent Times of being more or leſs violent. Theſe times of being better and worſe return upon the Patient at regular Periods; ſometimes every Day at ſome certain Hours, and ſometimes every other Day: Though it is thus evident more or leſs violent at regular Times; yet it is never quite off the Patient, and in this

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it differs from the Intermittent Fevers or Agues, which leave the Patient well between the Fits. The Remittent Fevers alſo differ in this, that they have no cold Fits or Shiverings, but the Fits come on with a more violent Heat; and after this has continued ſome Time, a Sweat comes on.

The Urine is to be carefully obſerved in the Progreſs of this Diſeaſe; for if it changes from a yellowiſh Colour to a thin and pale watry Look, it is a very bad Symptom; and the more ſo, if the Pulſe become weak and low at the ſame time, as is uſually the Caſe. On the other hand, the Urine continuing well coloured, and the Pulſe ſtrong, are always good Signs. The longer the Remiſſions are, ſo much the leſs dangerous always is the Diſeaſe.

The Method of Cure.

Take Milk-water, two ounces; Oxymell of Squills, three drachms; Powder of Ipecacuanha, twenty-five grains: Make the Whole into a Draught, and let it be taken in Bed, and worked off with Water-gruel: When the working of the Vomit is over, let the Patient be covered moderately warm, and get into a breathing Sweat. Bleeding is by no Means to be allowed in this Diſeaſe; but a Clyſter made of the Decoction of Mallow Leaves and Camomile Flower is to be given, if the Bowels are Coſtive, and repeated occaſionally once in three or four Days, about two ounces of Sallad Oil, and an ounce of coarſe Sugar are to be added to this Decoction, and the Whole to be given juſt warm: After the Operation of the Clyſter, give the following Boluſes:

Take prepared Pearl, a ſcruple; Powder of Snake-root, diaphoretic Antimony, and vitriolated Tartar, of each eight grains; Syrup of Cloves, a ſufficient quantity to make the Whole into a Bolus, which is to be taken every ſix Hours, with a Draught of White wine Wey after.

When theſe Boluſes have been given to the Number of Six, then give the Bark in the following Manner:

Take Mint-water, two ounce; Syrup of Quincies, two drachms, Powder of fine Peruvian Bark a drachm: Mix all into a Draught. Let the Patient take one of theſe every three Hours while the Remiſſions continue, and leave them off while the Fits is on; but immediately after the ſweating is over, let him begin again. This Courſe of the Draughts

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of the Bark is to be continued two or three Days. One Day's Uſe of theſe Draughts generally perfects a Cure, but they muſt be continued three times a Day for two Days afterwards, then twice a Day for four Days, and after that, every Night going to bed one of them muſt be taken for a Week at leaſt.

Of a Purple FEVER.

A Purple Fever is a Diſeaſe attended with a Heat of the Fleſh, a high Pulſe, and copious Sweats, and has always Purple or other Eruptions upon the Skin attending it. There are two Kinds of this Diſeaſe, the one called, The red Purple Fever, and the other, The white Purple. Theſe are eaſily diſtinguiſhed from one another by the Eruptions. In the red Purple Fever, which is commonly called the Purple Fever alone, the Eruptions are large and red, and ſtand up above the Skin; but there is no Matter contained in them. In the white Kind, theſe Eruptions are ſo many Puſtules with white Heads, and are full of Matter. The common Purple Fever repreſents the Meaſles and the white Kind the Small Pox. The common Purple Fever has uſually little or no Danger attending it. The white Kind is often very dangerous. Theſe Diſeaſes often join themſelves with other Diſtempers: They are both very common in the Small Pox, and the white Kind in ſpotted Fevers. In theſe Caſes the white Kind is always a very bad Symptom. The Perſon ſeized with the Purple Fever is taken at firſt with a ſhivering, and after this Cold and Heat take their Turns, and he feels very ſudden Changes in himſelf from the one to the other. Soon after this, an Itching is felt under the Skin all over the Body. This is a Sign that the Eruptions are coming out; but they do not always appear immediately afterwards, but a Redneſs of the Skin comes on, and on the fourth Day, or ſometimes later than that, the Eruptions appear. The Patient, before their breaking out, complains of violent Pains and Straitneſs in his Breaſt, and a Difficulty of Breathing. In the common Purple Fever, the Eruptions are ſmall, and ſtand very thick, making the Surface of the Body look like Gooſe-ſkin. They are uſually about the ſize of Millet Seeds. This is the mildeſt State of the Diſeaſe; for ſometimes the Eruptions are much larger, and in the white

white Kind, each red pimple has a ſmall white Bliſter on the Top, which contains clear Water. The Fever is ſometimes very high, and ſometimes but trifling. After the Eruptions have continued out abont four Days, they die off, and the Fever goes away at the ſame time.

The Method of Cure.

Take prepared Pearl, a ſcruple; Antihecticum Poterii, and diaphoretic Antimony, of each ſix grains; Syrup of Saffron, a ſufficient quantity to make the whole into a Bolus; let this be taken every ſix Hours, with four ſpoonfuls of the following Julep:

Take Milk-water and Mint-water, of each four ounces; Plague-water, an ounce and a half; Syrup of Cloves, half an ounce; Tincture of Virginian Snake-root, three drachms; Tincture of Caſtor, one drachm: Let theſe Medicines be continued till the Eruption of the Spots or Puſtules; but as ſoon as they appear give the following:

Take Lapis Contrayerva, a ſcruple; Powder of Cochineal, three Grains; diaphoretic Antimony, ſeven grains; Syrup of Saffron a ſufficient quantity to make the whole into a Bolus: Let one of theſe be taken every ſix Hours, with a Draught of warm white Wine Whey after each: When the Eruptions die away, let the ſame Bolus be given twice a-day, and the following Draught at Night going to reſt:

Take Milk-water, an ounce and a half; Syrup of Cloves, a drachm; Venice Treacle, half a drachm; diaphoretic Antimony, eight grains: Let this be continued two Days, and when the Diſeaſe is wholly carried off by theſe Means, give the following Purge:

Take Manna, ſix drachms; Glauber's Salt, two drachms; diſſolve theſe over the Fire in two ounces of common Water; then add Tincture of Jalap, one drachm; and Tincture of Cardamom Seeds, forty drops: Let this be taken early in the Morning, and worked off with Water-gruel or weak Broth, and let two other Doſes be given at the Diſtance of three Days each.

If during the Courſe before preſcribed, the Eruptions ſtrike in, a large Bliſter muſt be immediately applied to the Back; but this rarely happens, unleſs by bad Management, or taking cold.

Rules

Rules for Nurſing Sick Perſons.

It is a great miſtake, to ſuppoſe that all diſtempers are cured by ſweating; and that, to procure ſweat, ſick perſons muſt take hot medicines, and keep themſelves very hot; for ſweating carries off the thinner part of the blood, leaving the remainder more dry, thick, and inflamed, which muſt evidently increaſe the diſorder; for inſtead of forcing out the watery part of the blood, we ſhould rather endeavour to increaſe it, by drinking freely of barley-water, balm-tea, lemonade, or any other diluting liquor made luke-warm. What has been already ſaid on the head of foul confined air, ſhews the abſurdity of ſtifling the ſick perſon with the heat of a cloſe appartment, and a load of bed-cloths; for theſe two cauſes are ſufficient alone to produce a fever, even in a healthy perſon. By letting in a little air now and then into a ſick perſon's room, and leſſening the bed-cloths, you will almoſt always perceive the fever and oppreſſion in ſome meaſure abate. In all feveriſh diſorders, the belly ſhould be kept moderately open.

Fevers are aggravated by giving the ſick perſons food through fear of their dying of weakneſs; which food increaſes the diſorder, and renders it fatal. This fear is groundleſs; perſons in fevers may be ſupported, even for ſome weeks, with liquids only; and are ſtronger at the expiration of that time than if they had taken more ſolid nouriſhment; for, from the firſt attack of a Fever, whatever ſolid food is taken, even ſoup, eggs, biſcuit, &c. corrupts in the ſtomach. If a man in perfect health was to eat ſtinking meat, rotten eggs, ſour broths, &c. he would be ſeized with vomiting, load at the ſtomach, a purging, fever, and eruptions on the ſkin.

The ſame articles, even in their ſoundeſt ſtate, given to a perſon in a fever, are quickly putrified, by the heat and diſeaſed matter already in his ſtomach, and in a few hours produce the ſame effects. Is it then poſſible to expect the leaſt ſervice from them? No: as long as a ſick perſon has a bad humour in his ſtomach, his weakneſs increaſes, in proportion to the food he receives; for this food, being corrupted by the infected matter already there, proves incapable of affording the leaſt nouriſhment; on the contrary, it becomes an additional cauſe of the diſtemper. Beſides, to heat and

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cram the ſick perſon, is wholly oppoſite to what nature herſelf indicates: the burning heat of which they complain, the dryneſs of the lips, tongue and throat, the high colour of their urine, their earneſt longing after cooling things, the pleaſure and benefit they receive from the admiſſion of freſh air into their chamber, are ſo many proofs that we ought to cool them moderately, by refreſhing diluting liquors, ſuch as balm tea, lemonade, &c. to promote an eaſy diſcharge of the vitiated humours. Thoſe who have the care of ſick perſons, ſhould particularly attend to this obſervation, that as long as there is any taſte of bitterneſs, ſickneſs, or deſire of retching; bad breath, heat, and feveriſhneſs, with offenſive ſtools, and high-coloured urine made in a ſmall quantity only, ſo long all fleſh meats, ſoups, eggs, and all kind of food compoſed of any of them, and all heating medicines, wine, &c. are ſo many abſolute poiſons.

If the ſick perſon has not two motions for ſtool in the twenty-four hours; if the urine is high coloured, the fever runs high, the pain of the head and loins conſiderable, a clyſter of warm water, with ſweet oil, and a little common ſalt, ſhould be given once in a day. As long as the patient has ſtrength for it, he ſhould ſit up out of bed an hour daily, and longer if he can bear it; but he ſhould not be raiſed whilſt in a ſweat. His linen ſhould be changed every other day, taking care that the clean linen is well aired; for nothing conduces more to continue the fever and light headedneſs, than confining the ſick conſtantly to their bed, and preventing their changing their foul linen.

Perſons recovering from diſtempers, require great care and attention; in proportion to the abatement and decline of the fever, their quantity of food may be gradually increaſed; and when the fever is entirely gone, the ſick perſon may venture on a little white meat, ſuch as chicken, rabbit, whiteings, flounders, or other flat fiſh; but ſalmon, eels, carp, ſkait, haddock, and the like, are not to be ventured on till the recovery is abſolutely perfected. Soups, new-laid eggs, and a little wine diluted with water; but theſe are to be uſed with great moderation,

becauſe the ſtomach, is extremely weakened by the diſeaſe, is capable only as yet of a ſmall degree of digeſtion, and if the quantity of nouriſhment exceeds its power over ſo little, it will not digeſt, but become putrid, and delay the recovery.

To procure a compleat and perfect termination of acute diſeaſes, obſerve the following rules

Let perſons recovering, as well as thoſe who are ſick, take very little food at a time, and take it often.

Let their meal conſiſt of one kind of food only, and let them chew their food well.

Leſſen their quantity of drink; the beſt in general is wine and water; three parts water, to one part wine; for too great a quantity of liquids prevents the ſtomach from recovering its tone, and increaſes the tendency to a ſwelling of the legs

Riding on horſeback, as often as they are able, is abſolutely neceſſary; the propereſt time for this exerciſe is in the forenoon.

They ſhould eat nothing or at moſt but very little, in the evening, as perſons in this ſtate are ſeldom quite ſo well toward night Their ſleep will be the leſs diſturbed for this caution; ſeven or eight hours, at moſt, are as much as ſhould be alloted for lying in bed

A ſtool is not abſolutely neceſſary every day; but if the coſtiveneſs exceeds the ſecond day, a clyſter ſhould be adminiſtered; or ſooner, if the perſon feels uneaſy, is reſtleſs, or has the head-ach

If after ſome time they ſhall continue very weak, and their ſtomach is diſordered, and they have, from time to time, a little irregular fever, they ſhould take a tea cup full of the decoction of the Pervian bark, three or four times in a day, which may be prepared by boiling an ounce of the beſt bark in powder, in a quart of water, till two thirds are waſted away, and then adding to the remainder a gill of red wine.

Labouring men muſt by no means return to work too ſoon after their recovery, leſt it prevent their ever getting perfectly well, and entirely recovering their loſt ſtrength.

DIRECTIONS

DIRECTIONS FOR

Preſerving Health, and attaining long Life.

HEALTH has been ever eſteemed the firſt of bleſſings, and conſequently every endeavour towards its preſervation deſerves encouragement. This conſideration induces me to publiſh the following remarks, from a thorough conviction of the truth they contain; which ought, with every honeſt man, to ought-weigh every timidity of its reception, and give him courage to offer at all riſques, what by well-grounded experience, appears to him, (from its nature) of general utility to mankind

The air, which is a fluid elaſtic ſubſtance that ſurrounds us on all ſides, penetrates our bodies, and yet is ſo fine that it eſcapes the ſight, is rarified by heat and condenſed by cold: it is ſo neceſſary, that an animal cannot live a moment without it; it ſerves for reſpiration or breathing, and is ſuſceptible of different qualities; it may be hot, moiſt, cold, dry, ſerene, pure, and temperate. It is ſubject to variations more or leſs ſudden, and to be mixed with impure, corrupted, infectious vapours, which are prejudicial to health. The ſudden changes of the air are dangerous, whence proceed a great number of diſeaſes which reign in the ſpring and autumn. Towards the approach of winter, hoſpitals, priſons, places were armies where encamped, places where lead is melted, and the earth juſt thrown up, near dung-hills, &c. are unhealthy, on account of the bad exhalations. Too hot an air, occaſions malignant and putrid fevers: a cold and moiſt conſtitution of the air produces coughs, pleuriſies, rheumatiſms, agues, &c. for inſtance, agues are common in the Fens of Cambridgeſhire and Lincolnſhire, and the Hundreds of Eſſex, on account of their marſhy ſituation, and the moiſt vapours which weaken the fibres of the body, and obſtruct the pores of the ſkin, and conſequently diminiſh the diſcharge of the ſkin, called inſenſible perſpiration. Hence

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it appears, that to preſerve health, dunghills ſhould never be placed too near the dwelling-houſe, ſince the corrupted vapours are exhaling from them, cannot fail being in time prejudicial, and cauſing malignant fevers; for though thoſe who are uſed to them, do not perceive their offenſiveneſs, yet the cauſe does not ceaſe its unwholeſome activity.

Our conſtitution, from the loſs it daily ſuſtains, requires to be repaired by aliment and drink; hence a knowledge of their general kinds and qualities is neceſſary, in order to make a proper choice thereof.

The principal and moſt general food is bread, made of wheat, barley, rye, or oats; wheaten bread is moſt nouriſhing; barley is dry; rye and oats laxative. The cruſt is moſt eaſy of digeſtion; the crum more oily and heavy: though other mealy ſubſtances, beans, peaſe, potatoes, &c. nouriſh much, but are windy, heavy, and viſcid, and their conſtant uſe is apt to cauſe obſtructions, unleſs a great deal of exerciſe is uſed. Rice is emollient and nouriſhing; but nuts, almonds, and cheſnuts, &c. though they abound with nutritious particles, are hard of digeſtion.

Pulpy, tart fruits, which abound with juice, eaten ripe, are refreſhing, cooling, quench thirſt, and are eaſy of digeſtion; ſuch as ſtrawberries, raſberries, currants, mulberries, gooſeberries, cherries, apples, pears, apricots, peaches, nectarines, &c. Remark, (contrary to the common prejudice which generally prevails, that fruits are hurtful in the bloody flux, and even occaſion this diſorder;) they may be eaten with great ſafety in the bloody flux, and are indeed the real preſervation againſt it, as is confirmed by the experience of the moſt eminent phyſicians; the cauſe of this diſorder being an exceſs of freſh meats, too moiſt a ſtate of the air, a ſucceſſion of cold ſhowers to violent heats, and uncleanlineſs. In fact, this diſorder has been obſerved leſs frequent, and leſs dangerous, when fruits were plenty and cheap; ſo that to eſcape this diſtemper when it is rife, ripe fruits are to be eaten in plenty, and the quantity of freſh meats are to be leſſened conſiderably.

Pot-herbs and roots are leſs nouriſhing than the mealy ſubſtances. Lettuce, ſuccory, endive, ſorrel, purſlain, &c. refreſh, moiſten, and are laxative. Artichokes, celery, creſſes,

creſſes, aſparagus, parſley, &c. are a little heating. Truffles, muſhrooms, onions, garlic, pepper, muſtard, and the other ſpices heat very much, and are therefore leſs wholeſome in particular conſtitutions.

Animal food differs very much with regard to its kind, age, manner of living, and ſubſtance. Fiſh nouriſh the leaſt of all animals. Young animals have the greateſt plenty of ſoft nouriſhing juice; but that of the older is moſt ſpirituous and nouriſhing. Yet though the juices of old animals are moſt glutinous, and agreeable to the taſte, their fleſh is the hardeſt, and moſt difficult of digeſtion. Wild animals are more light of digeſtion, than the tame; their white parts contain a very juicy ſubſtance of tender fibres, yield a ſoft food, and are eaſy of digeſtion.

Liquid aliments, are milk, eggs, chocolate, ſoups, broths, &c. Milk requiring but little preparation in the ſtomach, is a good aliment for perſons whoſe ſtomachs are weak, and children; new-laid eggs are very nouriſhing, and eaſy of digeſtion, therefore agree with exhauſted and old perſons. Chocolate nouriſhes greatly, ſtrengthens the ſtomach, helps digeſtion, and ſoftens ſharp humours; whence it is proper for weak ſtomachs, and conſumptive perſons. Broths and ſoups abound with a ſoft, moiſtening, nutritious jelly; whence they are great reſtoratives. Meat that is roaſted, contains an excellent nouriſhing juice; the moiſt parts being diſſipated by the fire. Things that are fried, are only proper for ſtrong ſtomachs.

Drink reſtores the fluid parts of the body, and helps digeſtion; the principal and moſt ſalutary is water, of which the ſofteſt is the beſt, which is known by its lathering eaſily with ſoap; but taken in too great quantities, it relaxes and weakens the ſtomach, and cauſes many diſorders. Wine in moderation ſtrengthens the ſolids and promotes digeſtion; but if uſed in exceſs, as well as brandy, rum, and all other ſpirituous liquors, hardens the fibres, weakens the nerves, deſtroys the appetite, and cauſes the gout, ſtone and other chronic diſeaſes. That malt liquor is the wholeſomeſt which is the lighteſt and cleareſt; for then it does not offend the ſtomach, but paſſes readily through the emunctories or ſtrainers of the body, and particularly by urine; whence the beſt

beer

beer does not make the head ach, nor grow sour on the stomach, nor cause wind. The making wholesome beer depends greatly on the softness of the water, the proper boiling of the ingredients, and a due working of the wort; for all thick, muddy, or stale beer, not sufficiently boiled, disorders the head, causes wind in the stomach, obstructions, strangury, asthmas, cholics, and ulcers in the legs. Tea used in moderation, promotes perspiration, or the discharge by the skin; strengthens the stomach, and helps digestion; but that kind of tea which is called hyson, is improper for persons who have weak nerves or subject to hysteric disorders. Coffee drank after dinner, is thought to quicken digestion, and allay the fumes of wine; but if used in excess, it agitates the blood, causes watching, and promotes hemmorrhages, or bleedings from the nose, or other parts.

Spices, pepper, &c. are pernicious, when used to create an appetite; whence made dishes are bad; for the appetite caused by the quality and difference of the victuals, incites persons to eat more than the stomach can well digest; which causes indigestion, and frequently fatal and dangerous disorders. With respect to diet, the surest method of preserving health, is to live on plain, simple food, lightly seasoned, in that quantity which, by experience, nature has been found to require. Perfect digestion is the best rule for regulating a meal, which is known from persons being more lively and brisk after a meal than before. History furnishes us with many examples of persons, who, by temperance, have lived to a very advanced age, though of weakly constitutions naturally; wherefore those that are desirous of life and health, should imitate their manner of living, since excesses in eating and drinking are both extremely dangerous.

Strong, robust, young people, who use much exercise, ought to eat more than others, and may be free with the grosser kinds of food; for their stomachs being strong, the lighter foods would digest too easily, and be dissipated too soon. Persons of a weak constitution, or who are just recovered from a disease, should use soft, light foods, agreeable to the stomach. Children, whose stomachs are weak, and vessels fine, ought to use a light, thin, soft food, easy of digestion; wherefore infants should be fed with a fluid

milk

milk, to avoid cauſing obſtructions in their fine and delicate veſſels; conſequently the milk of a nurſe newly brought to bed, is more proper for a new-born infant, than the milk of a nurſe who has been delivered five or ſix months; becauſe her milk begins to have too great a conſiſtence. Nurſes ſhould obſerve an exact diet, and ſhun violent paſſions of all kinds; for they diſturb digeſtion, and communicate their bad effects to the child. When children are weaned, they ſhould not be accuſtomed to ſpirituous liquors, or ſtrong food, eſpecially ſalt or ſmoaked proviſions, becauſe they are hard of digeſtion, and yield bad nouriſhment. Their diet ſhould conſiſt of light animal food, taken in a ſmall quantity at a time, but often. At all times of life, but eſpecially in old age, the conſtant uſe of ſalt and ſmoaked meats tends to harden and ſtiffen the ſolid parts of the body, inſtead of affording good nouriſhment; being hard of digeſtion: in old age the fluids are more thick, ſecretious, more ſlow, and the ſolids harder than in youth; therefore they require a more ſoft, moiſtening diet, eaſy of digeſtion, and not too much at a time, eſpecially of a night.

All great changes ought to be brought about inſenſibly, for cuſtom is a ſecond nature, and an acquired habit is hard to be left off. Many perſons enjoy a good ſtate of health when their meat and drink are very indifferent, by being accuſtomed thereto; and are apt to be ſick, when they attempt to change their manner of life. Cuſtom confines us to certain hours, but hunger points out the beſt time of eating. In age, where ſtrength is wanting, and in youth, wherein there is a great diſſipation, when much is not eaten at a time, ſomething taken between the ſet meals is not improper. It is neceſſary to obſerve, that when the ſtomach is bad, perſons ſhould not begin to eat again, till the laſt meal is digeſted.

Perſons who are much fatigued ſhould reſt before eating; and, in caſes of diſtreſs and ſorrow, the food ſhould be light, and ſmall in quantity, becauſe the ſtomach is weak then.

The ſtomach will admit of groſſer food in winter than ſummer. Thoſe who eat in a hurry, without much chewing, are ſubject to indigeſtion; for digeſtion depends in part on well chewing the food, and thereby intimately mixing it with

with the ſpittle ; for this reaſon, light foods are moſt proper for children and old perſons who have loſt their teeth.

Vegetables are more difficult of digeſtion than animal food, therefore improper for weak ſtomachs.

On this account, light food, ſuch as veal, lamb, chicken, and fiſh, are the food which beſt agree with delicate conſtitutions. On the contrary, ſtronger habits are more ſubject to be ſurfeited with tender and young meats, than with beef and mutton ; becauſe the degree of heat which converts beef and mutton into the true ſtate it ought to have in the ſtomach, carries the tender aliment of lamb, pig, chickens, &c. into a ſtercorns or excremental ſtate, before it leaves the ſtomach ; whence fluxes, &c. In ſuch ſtrong ſtomachs, it is neceſſary to mix vegetables with the animal food, that the fermentation of the one may oppoſe the too precipitate digeſtion of the other by its acidity. Hence it is obvious, that weak ſtomachs ſhould abſtain from vegetables, which require a greater degree of vital heat than even beef or mutton, to be converted into proper nouriſhment. This, I hope, will ſatisfactorily explain the terms of eaſy and deficult digeſtion. The ſtomach, which can bear beer and water, cannot bear roaſted pig and water, from too great a power of digeſtion, not from any defficiency in thoſe faculties ; therefore beef and mutton are more eaſy of digeſtion than lamb, or any of the white meats ; and the contrary in weak ſtomachs. Surfeits from lobſters, crabs, &c. are of the kind which riſe from a too ſudden change of theſe ſubſtances in the ſtomach ; therefore they ſhould be always eaten with vinegar or lemon-juice. In fact, butter is no bad preſervative againſt ſurfeits in this inſtance ; the oil blending with the alcalious ſalt, forms a ſoap of that which would otherwiſe be a more acrimonious, inflammatory, and offenſive ſubſtance.

Sleep reſtores the ſtrength, and repairs and replaces the waſte which is made by the labour and exerciſe of the day. The proper time for ſleep is the night, when darkneſs and ſilence invite and bring it on ; day ſleep is leſs refreſhing ; exerciſe and cuſtom ſhould regulate its duration ; ſix or ſeven hours at a time is generally thought ſufficient, for exceſſive ſleeping is attended with great inconveniencies ; it blunts the ſenſes, and renders them leſs fit for the duties of life.

It

It is beneficial to vary the ſcenes of life; to be ſometimes in town; to go to ſea, to hunt, to be at reſt now and then; but more frequently to uſe exerciſe, becauſe a ſedentary life brings on many indiſpoſitions, and renders the body weak and unactive; while on the other hand, exerciſe and labour ſtrengthen it. But moderation is to be obſerved in all theſe things, and too much fatigue to be avoided; for too frequent and violent exerciſe overpowers the natural ſtrength, and waſtes the body. Of all kinds of exerciſe, riding on horſeback is the moſt ſalutary. I have known many inſtances of perſons recovering thereby from the moſt deplorable ſtate, in conſumptions, dropſies, cholics, and nervous diſorders.

In old age there is ſeldom ſufficient ſtrength to uſe bodily exerciſe, though ſo very requiſite for health; wherefore frictions with the fleſh-bruſh are neceſſary, at this time of life, to promote perſpiration, which ſhould be done by the perſon himſelf if poſſible.

I have already taken notice, that cold ſtops the pores of the ſkin, and diminiſhes both ſweat and perſpiration. To avoid this inconveniency, the winter cloathing ſhould be put on pretty early in the ſeaſon, and be left off late; beſides care muſt be taken not to paſs too ſuddenly from hot into a cold air, and to forbear drinking any thing cold, when the body has been violently heated.

The paſſions and affections of the mind, viz. joy fear, anger, &c. produce very ſenſible effects, and, when too much given way to, have a very bad effect on health, for they affect the ſtomach, hinder digeſtion, and chyliſication, whence ariſe many terrible diſorders: wherefore it is best to keep them in bounds as much as poſſible, and to preſerve an inward ſerenity, calmneſs, and tranquility.

Exceſſive venery muſt be avoided, ſince the action of coition is very impetuous, and comes near to a convulſion. The animal heat is greatly leſſened thereby, the habit of body weakened wonderfully, and the whole nervous ſyſtem largely injured.

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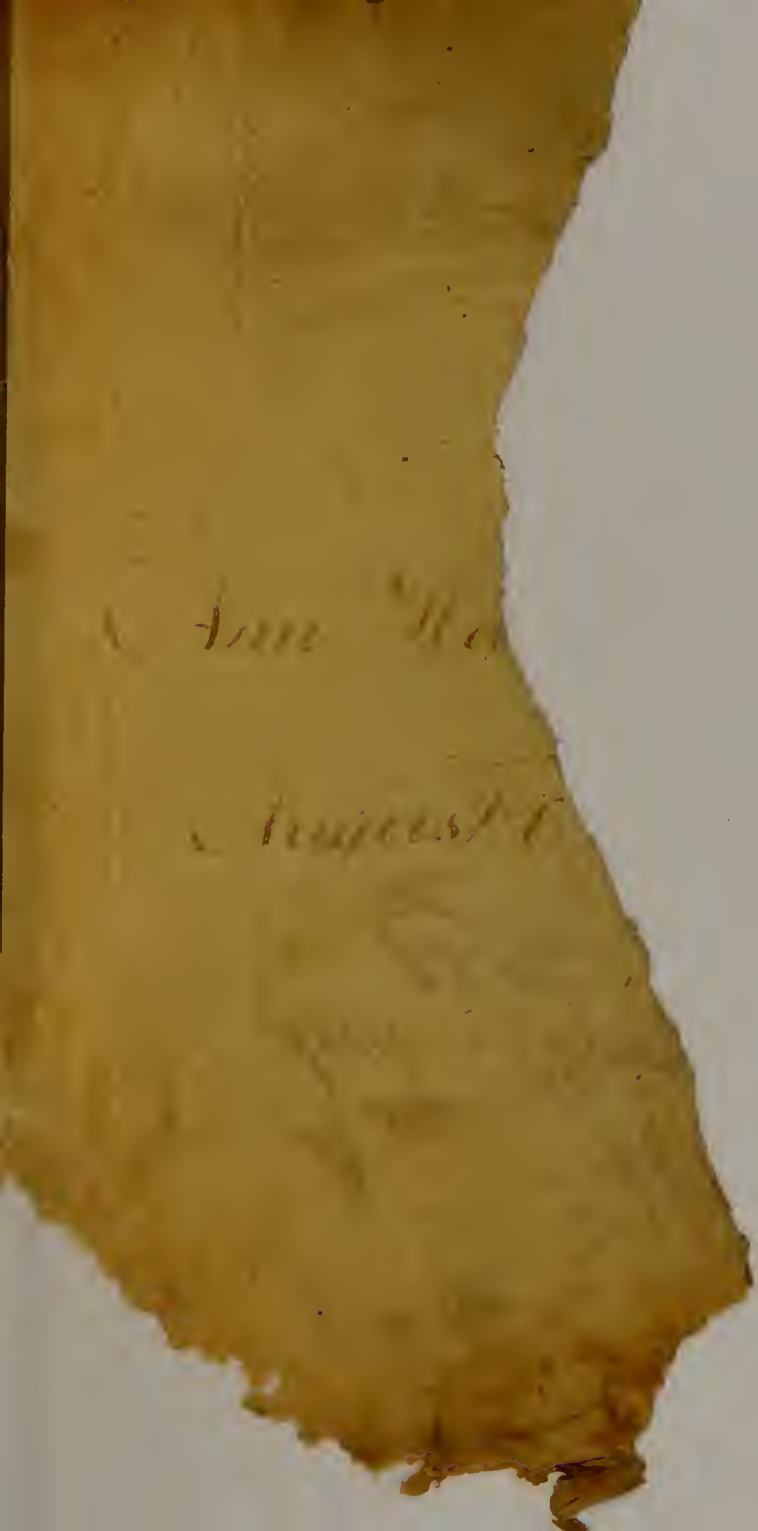

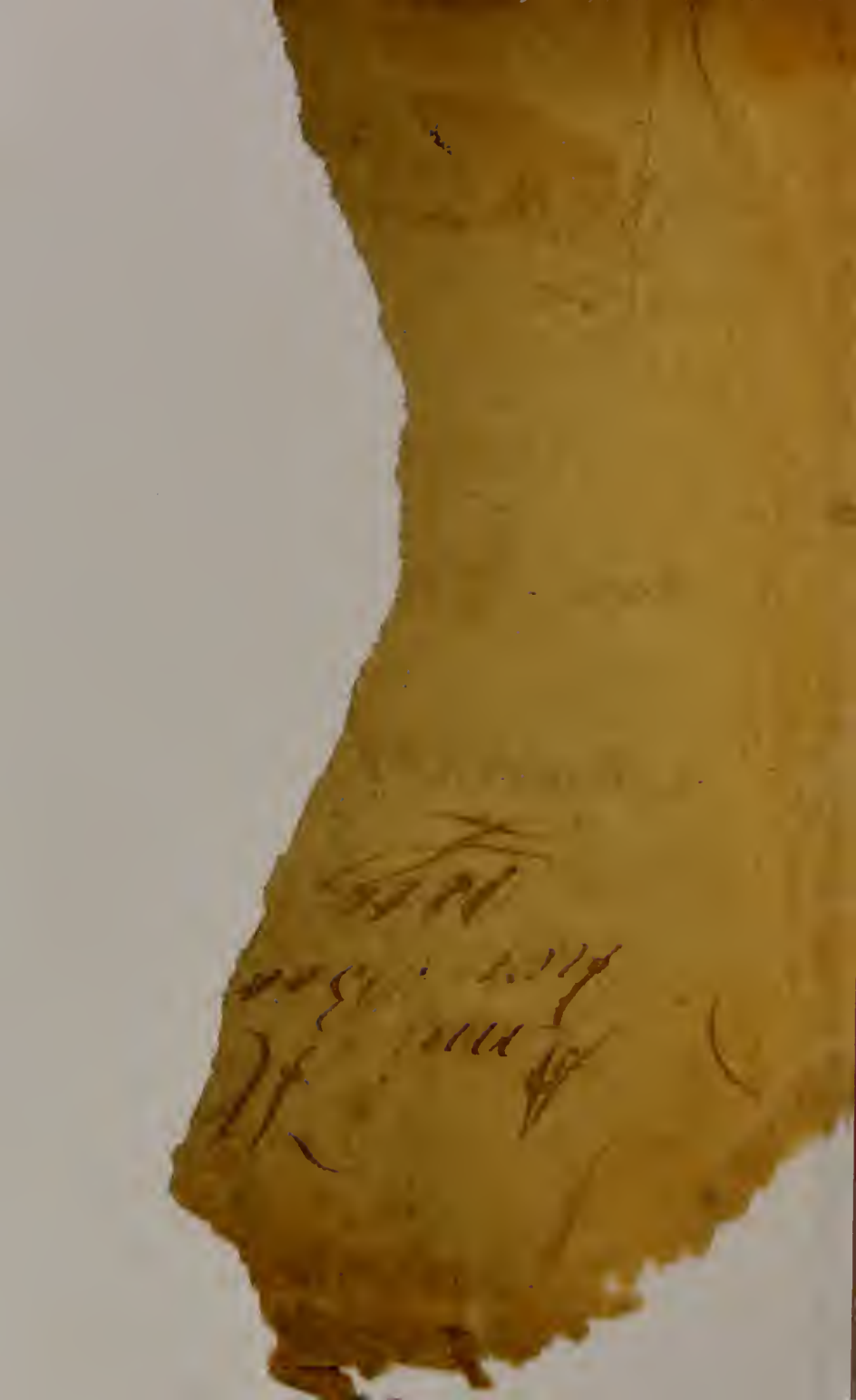

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